

Grill Like A Pro!

Easy Grilling Ideas

Many *Dinner Done* entrees work great on the grill! You'll find them in our monthly menus with a preparation option of "Grill"!

Visit us at DinnerDone.com to view current and coming menus and to place a reservation.

How Hot Is It?

Estimate the temperature of your grill by holding your hand, palm side down, about six inches above the coals. If you can hold your hand comfortably there for:

- 2 seconds - it's hot, about 375F or more.
- 3 seconds - it's medium-hot, about 350-375F.
- 4 seconds - it's medium, about 300-350F.
- 5 seconds - it's low, about 200-300F

Direct or Indirect?

There are two general methods of grilling...direct and indirect. As you may expect, direct grilling is when items are placed directly over flames and coals. Indirect grilling is when foods are offset from the direct heat source.

Most items, including steaks, burgers, hot dogs, seafood, pork chops and kabobs are grilled using the direct method. The indirect method is used mostly for large cuts of meat, roasts and bone-in meats and poultry.



10 Simple Summer Grill Tips

1. Always start with a clean grill. Grease your grilling surface well before heating.
2. An instant-read thermometer is your friend! Use it to prevent overcooking and under-cooking. Safe internal temperatures are provided in the grid below.
3. Marinate meats and poultry in the refrigerator and never at room temperature.
4. Keep the lid down on your grill as much as possible.
5. Maximize juiciness by minimizing poking, piercing and flipping. Use tongs or large spatulas instead of meat forks whenever possible.
6. Let meats rest for 10 minutes before serving.
7. Grill veggies separate from meat when doing kabobs. Veggies do well over indirect heat - most cook in 8-10 minutes. For firmer veggies like potatoes, parboil before grilling for a faster cooking time.
8. Overworking ground beef makes it tough. When making burgers, mix the beef gently. This goes for non-grill dishes like meatloaf and meatballs, too!
9. Grilled proteins of any kind (beef, chicken, pork and seafood) are fabulous over cool salad greens! Slice thicker meat on the bias and toss with a simple vinaigrette. Add crisp corn, sliced heart of palm, artichoke or grilled veggies, too. Be creative!
10. Pineapple isn't the only fruit that's great grilled. Try bananas, peaches, pear and apricots - halve and grill about 8 minutes. Delicious served warm with ice cream!

Protein	Cook Time	Int. Temp.	Grilling Instructions	Grill Temperatures
Beef Filets	15-25 minutes	145-160F	Sear over direct high heat for first 8-10 minutes of grilling, turning once. Move to indirect medium heat for remaining cook time until desired doneness is achieved. Filet thickness will affect cooking time.	Direct High - 400-450F Indirect Medium - 350-400F
Burgers	8-12 minutes	160F	Cook over direct medium heat for 8-10 minutes for medium, 10-12 minutes for well. Burger thickness will affect cooking time.	Direct Medium - 350-400F
Boneless/Skinless Chicken Breasts	8-12 minutes	165F	Direct medium heat. Breast thickness will affect cooking time.	Direct Medium - 350-400F
Pork Tenderloins	25-30 minutes	160F	Indirect medium heat. Tenderloin thickness will affect cooking time.	Indirect Medium - 350-400F
Boneless Pork Loin Chops	10-12 minutes	160F	Direct medium heat. Chop thickness will affect cooking time.	Direct Medium - 350-400F
Salmon/Mahi/Grouper Filets	5-10 minutes	145F	Direct high heat. Filet thickness will affect cooking time.	Direct High - 400-450F
Shrimp	2-5 minutes	145F	Direct high heat. Size of shrimp will affect cooking time.	Direct High - 400-450F.