

PERFECT GRILL MARKS

When you want the best presentation for your grilled foods, follow our guide to creating Perfect Grill Marks.

A
 Brush grids with vegetable or olive oil and set to cooking temperature. Place food on the barbecue at a 45° angle and cook according to the timing on the grilling charts that follow.

B
 Turn the food over, grilling on the same 45° angle.

C
 Turn the food over and grill on the opposite 45° angle.

D
 Finally turn the food over and grill on the same 45° angle.

Note: Bone-in cuts take slightly longer to grill.

Meat Thickness	Heat Setting			Minutes Per Side				Total Time
	1 1/2"	1"	3/4"	A	B	C	D	
		RARE	MEDIUM/HIGH	1 1/2	1 1/2	1 1/2	1 1/2	6 min.
	RARE	MEDIUM/RARE	MEDIUM/HIGH	1 3/4	1 3/4	1 3/4	1 3/4	7 min.
RARE	MEDIUM/RARE	MEDIUM	MEDIUM/HIGH	2	2	2	2	8 min.
MEDIUM/RARE	MEDIUM	WELL	MEDIUM/HIGH	2 1/2	2 1/2	2 1/2	2 1/2	10 min.
MEDIUM	WELL		MEDIUM	3	3	3	3	12 min.
WELL			MEDIUM	4	4	4	4	16 min.

DIRECT GRILLING OTHER MEATS

Listed below are suggested times for cooking some other popular small cuts of meat:

Cut of Meat	Heat	Minutes Per Side for Perfect Grill Marks				Total Time	Comments
		A	B	C	D		
Hamburgers	MEDIUM	2 2	2 2	2 2	2 2	10 min.	Cook to internal temp of 160°F/71°C
Lamb Chops (1" medium)	MEDIUM	2 2	2 2	2 2	2 2	10 min.	Sear chops on each side to preserve juiciness
Pork Chops (1")	MEDIUM/LOW	2 2	2 2	2 2	2 2	10 min.	Cook until golden brown outside and juices run clear
Boneless Chicken Breast	MEDIUM/LOW	3	3	3	3	12 min.	Brush with sauce or glaze after the last turn
Bone-in Chicken Breast	MEDIUM/LOW	5-6	5-6	5-6	5-6	20-25 min.	Sear the chicken, skin side down, then reduce heat and cook until tender and cooked through
Sausage	MEDIUM/LOW	6	6	6	6	24 min.	Cook until no longer pink inside
Rack of Lamb	MEDIUM	5-6	5-6	5-6	5-6	20-25 min.	
Skewers: (chicken, pork)	MEDIUM	2 2	2 2	2 2	2 2	10 min.	Soak wooden skewers 2 hour before using
Skewers: (beef, lamb)	MEDIUM	2	2	2	2	8 min.	

DIRECT GRILLING FISH AND SEAFOOD

Some firm-fleshed fish steaks like swordfish, tuna, salmon and halibut can be cooked with Perfect Grill Marks.

To cook fillet of salmon, place skin side down on a hot grill for 2 min. at MEDIUM/HIGH. Slip the spatula between the skin and the fish.

Turn onto a well-oiled grill at a 45° angle for 12 min. at MEDIUM. Rotate the fish 90° and grill 12 min. on MEDIUM.

Serve with grill marks-up for perfect presentation.

	Meat Thickness	Heat Setting	Minutes Per Side				Total Time
			A	B	C	D	
Fish Steaks	1" (RARE)	MEDIUM/HIGH	1 ½	1 ½	1 ½	1 ½	6 min.
	1" (MEDIUM)	MEDIUM/HIGH	2	2	2	2	8 min.
Fillet of Salmon	1" (RARE)	MEDIUM/HIGH, then MEDIUM	2	1 ½	1 ½		5 min.
	1" (MEDIUM)	MEDIUM/HIGH, then MEDIUM	2	2	2		6 min.

More delicate fish like pickerel, bass, perch, tilapia, or trout are best cooked using one of the following 4 methods:

- In a well-oiled fish basket
- In a cast-iron pan on the side-burner
- On well-oiled grids.
- On a cedar plank: See our recipe for Cedar Plank Salmon for detailed directions (page 67).

As a general rule, cook fish ten minutes for each inch of thickness using any of the first three methods. Cooking on a plank requires more time.

Cut of Meat	Heat	Total Time	Comments
Shrimp (medium or large)	MEDIUM	4-6 min.	It can be helpful to use a wok topper. Cook just until pink and opaque. Do not overcook.
Mussels	MEDIUM	5-6 min.	Scrub well. Discard any open raw mussels. After cooking, discard any closed mussels.
Scallops	MEDIUM	4-6 min.	Turn once halfway through.
Lobster	MEDIUM	8-10 min.	Thaw if frozen. Grill shell side down, brushing with butter and lemon juice. Cook until opaque and separating from shell.

DIRECT GRILLING VEGETABLES

Grilling adds a smoky, delicious dimension to most vegetables. We always grill extra so that we can use leftovers in soups, salads, sandwiches and on pizzas and pasta. If the vegetables have a large surface area, use the technique for Perfect Grill Marks.

Vegetable	Preparation	Approximate Cooking Time
Asparagus	Wash and snap off ends. Drizzle with olive oil and sprinkle with kosher salt before cooking.	Grill on MEDIUM/LOW 6-8 minutes, turning once.
Baked Potatoes	Scrub well and poke with sharp knife in several places. Wrap well in foil and place on upper rack.	Cook on MEDIUM 35-45 minutes.
Beets	Scrub well. Drizzle with olive oil and sprinkle with salt and pepper. Wrap in foil with a sprig of fresh thyme.	Grill on MEDIUM for one hour on upper rack, until tender.
Cauliflower	Cut into medium sized flowerets. Spread on a cookie sheet, drizzle with olive oil, and sprinkle with salt and pepper.	Roast on the upper rack for 25 minutes, turning frequently until golden brown.
Corn on the Cob	Do not husk, but remove top silk, and soak in cold water for 20 minutes, shake off water.	Cook 20 minutes on MEDIUM/LOW, carefully pull back husks and serve with butter, salt and pepper.
Eggplant	Peel if desired, and slice lengthwise or crosswise. Sprinkle sliced eggplant with salt, and let drain 20 minutes on paper towels to remove any bitterness. Wipe off excess salt and moisture, and brush liberally with olive oil.	Grill a total of 10-12 minutes, following directions for Perfect Grill Marks.
Grilled Peppers	Wash and cut into large chunks. Remove ribs and seeds. Drizzle with olive oil.	Grill on MEDIUM/LOW for a total of 10-12 minutes, following directions for Perfect Grill Marks.
Mushrooms	Wipe clean with cloth or paper towel. Remove any woody stems. Toss with seasoned olive oil or vinaigrette to marinate.	Grill on MEDIUM/LOW 5-7 minutes.
Baby & Fingerling Potatoes	Scrub well. Toss with olive oil and kosher salt.	Grill on MEDIUM 25-30 minutes turning often.

Vegetable	Preparation	Approximate Cooking Time
Onions	Cut into thick slices. Push a skewer through sideways to hold intact, and brush with olive oil.	Grill 20-30 minutes on upper rack on MEDIUM/LOW, following directions for perfect grill marks. If desired wrap in foil at this point and continue cooking until caramelized.
Roasted garlic	Cut top off whole garlic head. Drizzle with olive oil, wrap in foil, and place on upper rack.	Grill on LOW 30 minutes.
Roasted Peppers	Wash and place on the grill whole.	Grill on MEDIUM until skin is charred all over. Once cooked, place in a paper bag to steam skin loose. When cool enough to handle, peel and remove seeds.
Sweet Potatoes, sliced	Peel and cut into slices lengthwise. Brush with garlic and rosemary infused olive oil.	Grill on MEDIUM/LOW for a total of 20 minutes, following the directions for Perfect Grill Marks
Sweet Potatoes, whole	Scrub well, poke with a sharp knife and wrap in foil. Place on upper rack of barbecue.	Grill on MEDIUM 35-40 minutes.
Tomatoes	Wash and cut in half. Loosen and remove seeds, then sprinkle with salt and drain on paper towels for 10 minutes to drain. Rub with cut garlic, and drizzle with olive oil.	Grill on LOW for a total of 15-20 minutes, following directions for Perfect Grill Marks.
Zucchini	Slice lengthwise or crosswise as preferred. Drizzle with olive oil and salt.	Grill on MEDIUM/LOW for a total of 8 minutes, following the directions for Perfect Grill Marks.

ROTISSERIE COOKING

Constant turning of the meat while rotisserie cooking allows it to self-baste with natural juices resulting in exceptionally moist and tender roasts. The best cuts of meat for rotisserie cooking are tightly tied, boned or boneless cuts; however, you can use cuts with the bone in if you carefully balance them on the spit so they turn easily.

Your barbecue may be equipped with a rear rotisserie burner or you may use the lower burners. We have outlined the grill set-up for both kinds of rotisserie cooking below. It may be possible to set up your barbecue to rotisserie meat at the same time as you grill other foods. Simply set the meat on one side of the rotisserie and leave the racks in place on the opposite side of the grill.

USING THE REAR ROTISSERIE BURNER

ARRANGING THE GRILL

- remove cooking grids and warming racks from barbecue if necessary
- centre a drip pan under the rotisserie positioning it so it will be beneath the centre of the roast
- preheat the barbecue with rotisserie burner on MEDIUM HIGH for 10 minutes

PLACING THE MEAT ON THE SPIT ROD

- slide one of the skewer forks onto the rod and tighten it securely
- insert the spit rod lengthwise into the centre of the roast securing it in place with the remaining fork
- tighten the fork securely

TESTING THAT THE MEAT IS EVENLY BALANCED ON THE SPIT

- loosen the spit balance
- lay the rod over the sink, allowing the heavier side of the roast to rotate to the bottom
- adjust the balance to the highest point to counterbalance the weight, and tighten the rod handle
- insert the spit rod into the rotisserie motor and turn rotisserie motor on
- check to see if the meat turns smoothly while cooking and adjust the balance as necessary

USING THE ROTISSERIE WITH THE MAIN BURNERS

ARRANGING THE GRILL

- remove cooking grids and warming racks from barbecue
- centre a drip pan under the rotisserie, positioning it so it will be beneath the center of the roast
- fill the drip pan to 1” from the top with water, wine or juice and any herbs that might complement the flavours
- preheat the barbecue on MEDIUM for 10 minutes

PLACING THE MEAT ON THE SPIT ROD

- slide one of the skewer forks onto the rod and tighten it securely
- insert the spit rod lengthwise into the centre of the roast securing it in place with the remaining fork
- tighten the fork securely

TESTING THAT THE MEAT IS EVENLY BALANCED ON THE SPIT

- loosen the spit balance
- lay the rod over the sink, allowing the heavier side of the roast to rotate to the bottom
- adjust the balancer to the highest point to counterbalance the weight, and tighten the rod handle
- insert the spit rod into the rotisserie motor and turn it on
- check to see if the meat turns smoothly while cooking and adjust the balancer as necessary

Note: Never let the drip pan run dry as it may cause a flash fire. Keep a pitcher of hot water handy and when the water is running low, carefully refill the drip pan with hot water, using an oven mitt to protect your hand from steam burns.

INDIRECT COOKING

The indirect method of cooking is a slower cooking technique for larger cuts of meat such as roasts or poultry. As the name implies, the food is not grilled directly over the heat, but by hot air circulating around the food. There are two indirect methods: the drip pan method and the unlit burner method. Both rely on lower heat settings with the lid of the barbecue closed. With no need to turn or baste the roast, the result is worry-free barbecuing with little chance of flare-ups.

SET-UP FOR THE DRIP PAN METHOD

- remove grids and, if necessary, the warming racks
- place the drip pan beneath the center of the meat to be barbecued

Note: Depending on the other menu items, and on the size of your barbecue, you may want to position the roast to one side, allowing you to prepare other dishes at the same time.

- pour water and other cooking liquid into the drip pan

Note: Fruit juices, such as lemon, orange, pineapple, cranberry or apple, and red or white wine add delicious flavours.

- replace the cooking grids
- preheat the barbecue on MEDIUM for 10 minutes
- adjust heat to MEDIUM or MEDIUM/LOW
- spray or brush the cooking grids with vegetable oil to prevent food from sticking
- place the meat directly on the grids above the drip pan
- close the barbecue lid

Note: Always cook with the lid closed. The juices and drippings will fall and mix with the contents of the drip pan. The mixture heats up and vapourizes, automatically basting the food.

Never let the drip pan run dry! As the mixture in the drip pan heats up it will result in a diminished amount of liquid in the pan. Check the drip pan often and use a pitcher or baster to carefully pour in more warm liquid. During the cooking process, fat will drip from the meat. If the drip pan is dry, the fat will superheat and catch fire. Should this occur, turn off the burners, open the lid and extinguish the fire with baking soda. Do not use water to try to put out the fire.

SET-UP FOR ONE-BURNER METHOD

- remove grids, and if necessary, the warming racks.
- place a drip pan on the side of the barbecue where the meat will be cooked
- return the grids to the barbecue
- preheat the barbecue on MEDIUM for 10 minutes
- turn off the burners on one side of the barbecue
- brush or spray cooking grids with vegetable oil
- sear the meat on all sides using the lit side of the barbecue
- transfer the meat over to the unlit side
- regulate the heat setting to maintain desired temperature

Note: Always use a meat thermometer to ensure that the food is cooked to the desired degree of doneness for maximum juiciness and tenderness. Place the tip of the thermometer into the centre of the meat, away from bones and fat. We generally recommend cooking at a MEDIUM/LOW heat setting when using this method.

COOKING TIMES FOR ROASTS

These times are approximate and may vary with the thickness of the roast, and the internal temperature of the food before cooking. For best results, bring meat close to room temperature before placing on the barbecue. A longer, thinner roast will cook more quickly than one of the same weight but thicker.

Cut of Meat		Heat Control Setting	Approx Cooking Time	Internal Cooking Temperature
BEEF	Rare	MEDIUM-MEDIUM/LOW	18-20 min./lb	130°F/55°C
	Medium Rare	MEDIUM-MEDIUM/LOW	20-22 min./lb	140°F/60°C
	Medium	MEDIUM-MEDIUM/LOW	22-25 min./lb	150°F/66°C
	Well Done	MEDIUM-MEDIUM/LOW	25-30 min./lb	160°F/71°C
PORK	Medium	MEDIUM-MEDIUM/LOW	20-25 min./lb	160°F/71°C
	Well Done	MEDIUM-MEDIUM/LOW	25-30 min./lb	170°F/77°C
LAMB	Rare	MEDIUM-MEDIUM/LOW	18-20 min./lb	135°F/57°C
	Medium	MEDIUM-MEDIUM/LOW	20-25 min./lb	145°F/63°C
POULTRY	Whole Chicken	MEDIUM-MEDIUM/LOW	18-20 min./lb	180°F/83°C (dark meat)
	Whole Turkey	MEDIUM-MEDIUM/LOW	18-20 min./lb	170°F/77°C (breast meat)