



Indirect Grilling

Indirect grilling is a critical technique for outdoor chefs, especially used in combination with other techniques such as searing. Simply stated, the fire should be in one part of the grill, and the food should be on the other. Indirect grilling can be done at any temperature, but is always done with the lid closed.

With your grill prepared and preheated for indirect grilling, the area of the grilling surface directly over the flame will be hotter than the indirect cooking zone. At higher temperatures you can use the direct grilling zone to sear meats for a couple of minutes on each side, followed by the remaining cooking on the indirect zone.

When using indirect heat for grilling thick cuts of meat (a 2-inch thick, bone-in pork chop requires about 30 to 35 minutes when grilling at 500 degrees with indirect heat), flip the meat every five minutes.

Indirect heat can also be used for rotisserie cooking.

Direct Grilling

Direct grilling is the standard grilling technique, with the food directly over the flame. Direct grilling at high temperatures (over 800 degrees) will sear food. Lower temperatures (300 to 400 degrees) can be ideal for cooking meats and fish if you like a bit of char to the outside. Direct grilling can be used with indirect grilling techniques for longer cooking times in order to avoid burnt or dried out foods.

Searing

Searing meats with intense heat will help lock in juices and flavor, and is a recommended technique in combination with lower temperature techniques. Searing should always be done at the very beginning of the cooking cycle.

Searing temperatures should exceed 800 degrees. There are four ways to achieve these temperatures:

1. Use your main burners on high, and preheat for approximately 15 to 20 minutes.
2. Use the infrared searing burner, available on some models, to reach temperatures in excess of 1,000 degrees. The searing burner creates a blanket of flame just 3" below the grilling surface.
3. With a dual-fuel grill, use the main burner on high with charcoal and/or hardwood loaded into the "charcoal" drawer. When the fire is at full force, searing temperatures should exceed 1,000 degrees.
4. Build a charcoal or hardwood fire in a charcoal grill, such as the Sculpture Charcoal, and sear over the most intense part of the fire.

As a general rule, searing techniques should be done with the lid open.



Smoke

Smoke can be used to add flavor to grilled foods or for slow cooking. Different woods can be used for different flavors. The traditional favorites are mesquite, hickory and oak. Orchard woods such as cherry and apple are also popular. Other gourmet options include wood chips from old wine barrels or even grape vines. Regardless of the wood you choose, there are a number of ways you can use smoke techniques.

Meats, of course, are great for smoking, but so are tomatoes, peppers, potatoes and pineapple.

Rotisserie

Rotisserie grilling is great for roasts and whole birds. Rotisserie grilling rotates the food for even cooking, and bastes meat in its own juices.

Rotisserie heat can be from a side-mounted smoke box, a direct flame underneath the food, indirectly from heat away from the food, or from the infrared rotisserie burners. When using any of the indirect heat sources, it is a good idea to place a drip pan beneath the food. You may need to remove the cooking surface to do so, or to create clearance for the rotisserie. The juices in the drip pan can be used for basting. When you are not basting or checking the internal meat temperature, the grill hood should be kept closed.

The infrared rotisserie burner(s) can be used alone or in conjunction with an indirect heat source. When using an indirect heat source, you can use the infrared rotisserie burner for part of the cooking time in order to crisp the outer surface of meats. Do not use the infrared rotisserie burner in conjunction with a direct heat source under the meat.

Remove food before it is done: Food continues to cook after it is removed from the BBQ. For best results and to avoid over-cooking of your food, remove all your foods from the BBQ before they are done cooking, place on a plate and cover with foil for 10 minutes.

It's all in the rub

All natural BBQ rubs are one of the best seasonings available. Cover all your food with your favourite rub and cook. This avoids having to marinade, sauce, or do anything else.

Using Sauces

Grilling and barbecue sauces with high sugar content will burn quickly. Do not use these sauces as a marinade. Instead, grill the food with dry seasoning for most of the cooking time. Use a silicon basting brush to apply the sauce during the last few minutes of grilling (how long depends on the sauce you're using and the food you're putting it on). Sauces with high sugar content should be grilled just long enough so that they just begin to caramelize.

Grill Marks

Grilling meat without leaving grill marks is unheard of, but there is a simple technique for perfect grill marks. First, don't over-handle the meat. Most cuts should only be flipped once. Perfect grill marks can be created by turning the meat $\frac{1}{4}$ turn halfway through grilling each side. This leaves perfect, crisscross grill marks.



Steak Names

- **Beef Loin:** T-Bone = T-Bone or Porterhouse
 - **Porterhouse:** Porterhouse or T-Bone
 - **Beef Tenderloin:** Tenderloin Steak, Filet Mignon, Tournedo Steak, Chateau Briand, King Steak, Medallion Steak
 - **Boneless Top Loin Strip:** New York Strip Steak, Hotel Steak, Ambassador Steak, Strip Steak, Kansas City Steak, Boneless Club Steak, Veiny Steak, Loin Steak
 - **Bone-in Top Loin Strip:** Strip Steak, NY Strip Steak, Shell Steak, Sirloin Strip Steak, Club Steak, Chip Club Steak, Delmonico Steak, Country Club Steak
 - **Bone-in Sirloin:** Sirloin Steak, Round Bone Sirloin Steak, Flat Bone Sirloin Steak, Pin Bone Sirloin Steak, Shell Hip Steak
 - **Boneless Sirloin:** Sirloin Steak, Boneless Sirloin Steak, Sirloin Cap Steak, Top Sirloin Steak, Culotte Steak, Shell Steak, Rump Steak, Short Cut Rump Steak, Butt Steak
 - **Beef Rib:** Rib Eye Steak, Rib Steak, Delmonico Steak, Club Steak, Market Steak, Beauty Steak, Spencer Steak, Breakfast Steak, Griller Steak
 - **Beef Chuck:** Chuck Eye Steak, Chuck Sizzler Steak
 - **Boneless Top Blade Steak:** Flat Iron Steak, Chicken Steak, Butter Steak, Blade Steak, Top Chuck Steak
 - **Tri-Tip Steaks:** Triangle Steaks
 - **Balltip Steaks:** Petite Steaks, Sirloin Sizzlers, Sirloin Filet Steak, Filet of Sirloin, Bottom Sirloin Steak
 - **F flank Steak:** Jiffy Steak, London Broil, Flank Steak Filet
 - **Hanger Steak:** Butcher's Steak, Hanging Tenderloin, Jiffy Steak
 - **London Broil:** Top Round Steak, Chuck Shoulder Steak, Sirloin tip Steak, Flank Steak
 - **Skirt Steak:** Inside/Outside Skirt Steak, Fajita Steak, Philadelphia Steak
 - **Denver Steak:** Boneless beef shoulder steak
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