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# Grilling

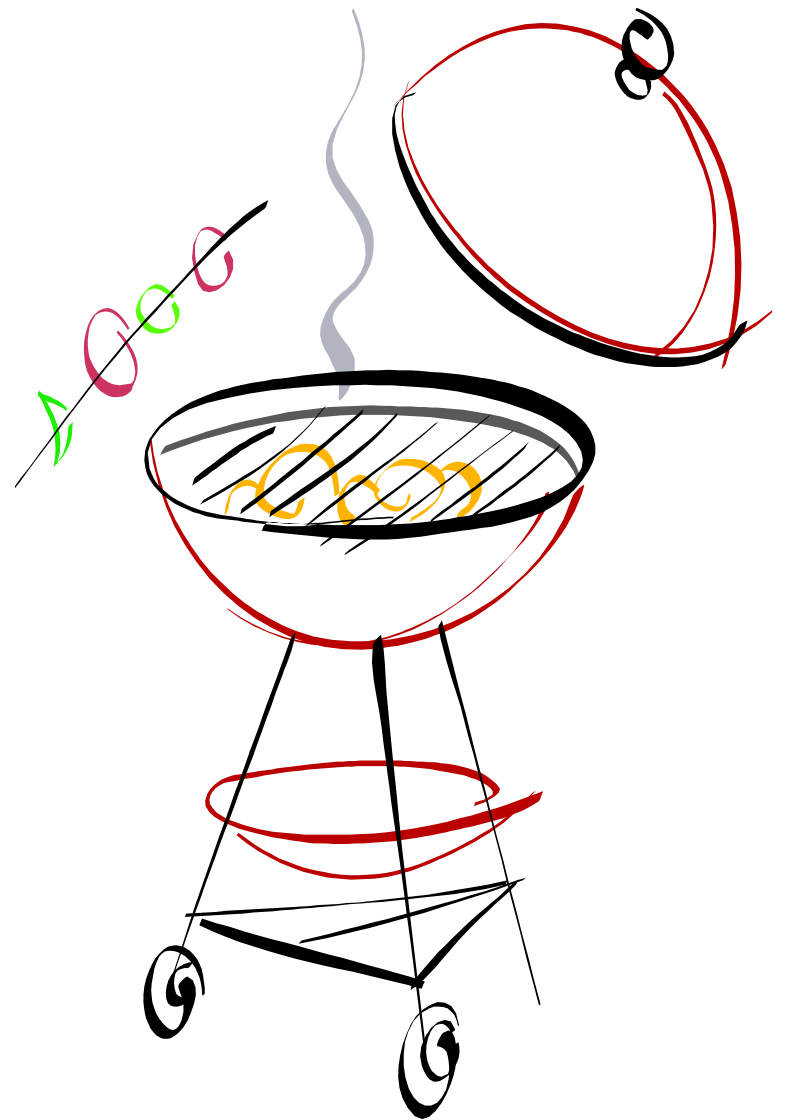
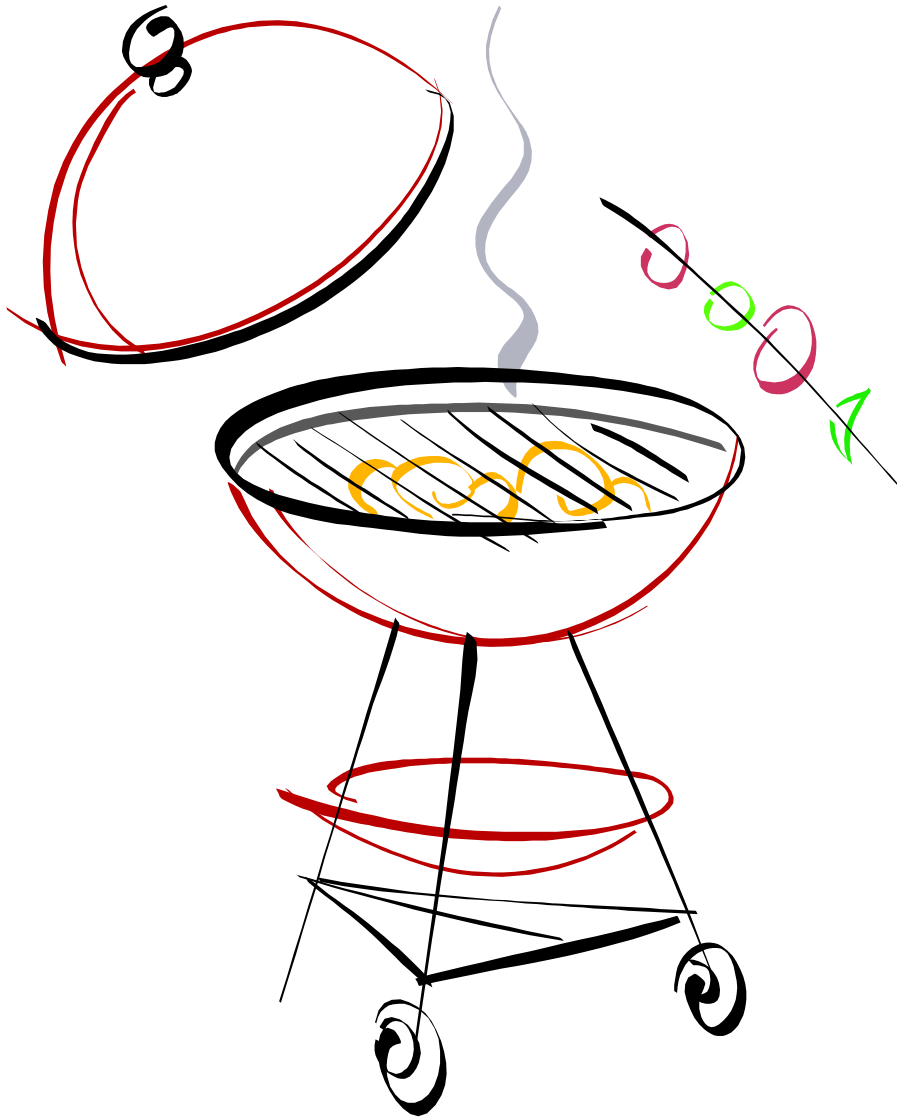
## 101



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# Food Safety

- \* Marinate meats in the refrigerator.
- \* Discard any marinade not used in cooking.
- \* Cook foods to the correct internal temperatures. The following chart tells you what temperatures are recommended.

Temp	Food
145 F	Beef, lamb and veal steaks and roasts, medium rare (160 F for medium)
160 F	Ground beef, pork, veal and lamb; pork chops, ribs and roasts; egg dishes
165 F	Ground turkey and chicken, stuffing and casseroles, leftovers
170 F	Chicken and turkey breasts
180 F	Chicken and turkey whole bird, legs, thighs, and wings

# Choosing Your Grill

Grills can range in price from about \$10 to hundreds of dollars. Most charcoal grills are less expensive than gas grills and do a good job. Consider these factors when choosing your grill:

- \* How much food do you want to cook at a time?
- \* How much room do you have for storage: Portable grills are practical and easy to store.
- \* Do you prefer foods cooked over charcoal or gas briquettes?
- \* How often will you use the grill? If you grill often, look for a sturdy grill that will last a few years.
- \* How much do you want to spend? Remember, the grill is not your only

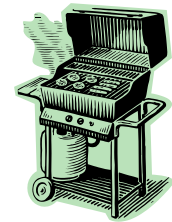
# Mighty Burgers

- 1 pound ground beef
- 1/2 Tbsp. diced parsley
- 1/2 cup cracker or bread crumbs
- 1 tsp. dry mustard
- 1/4 tsp. black pepper
- 1 egg or egg substitute
- 1/2 Tbsp. diced parsley
- 1/2 cup milk
- 1 tsp. garlic powder
- 1 Tbsp. chopped onion (optional)

1. Mix ingredients together in a large bowl.
2. Shape into six patties spread to 1/2-inch thickness.
3. Grill over medium-hot coals, until the center of the meat reaches 160 F.
4. Serve on whole-wheat hamburger buns, split and toasted.

# Big Orange Burgers

- 1 pound ground beef
- 1/4 cup water
- 1/2 cup finely shredded carrot
- 1/4 cup finely chopped onion
- 3/4 tsp. salt
- 1/4 tsp. garlic powder
- 1/8 tsp. pepper
- 4 slices Monterey Jack cheese



1. Mix carrot, onion, salt, and garlic powder with water. Add ground beef; mix well.
2. Shape into four patties spread to 1/2-inch thickness.
3. Grill over medium heat until center of the meat reaches 160 degrees F.
4. Top with cheese and serve on whole-wheat hamburger buns, split and toasted.

## Grilled White Fish

2 pounds fish fillets, skinned, boned  
(allow 1/2 pound per person)  
2 Tbsp. lemon juice  
Salt and pepper (optional)

Vegetable cooking spray  
1/2 cup vegetable oil  
1 Tbsp. parsley

1. Coat pieces of heavy-duty aluminum foil with cooking spray or oil
2. Combine vegetable oil and lemon juice. Brush mixture over fillets. Sprinkle with parsley. Add salt and pepper if desired. Close foil, sealing tightly.
3. Place packets on grill rack and grill, covered with grill lid, over hot coals 10 to 15 minutes or until fish flakes easily when tested with a fork.



## Grilled Whole Fish

1 large fresh fish, scaled and gutted  
(trout, catfish, bass, salmon)  
Cooking spray or vegetable oil  
1/2 cup butter or margarine, melted  
1 bunch fresh herbs (parsley, dill or rosemary, 2 tbsp. chopped, rest in sprigs)

1 clove garlic, finely minced  
1/2 cup chopped onion  
1/4 cup lemon juice  
1 lemon, sliced thin

1. Rinse the fish, inside and out, under cold running water. Drain and blot dry, inside and out with paper towels. Coat a large piece of heavy-duty foil with cooking spray or oil. Place fish in foil, seasoning the cavity with onion, herbs, lemon slices and lemon juice.
2. Stir chopped parsley, herbs and garlic into melted butter or margarine. Brush the outside of fish with mixture. Sprinkle with lemon juice and seal edges of foil. Place fish on grill rack and grill, covered with grill lid, over medium-hot coals about 8 minutes per pound until cooked through. Fish should be moist but flake easily with a fork.
3. To serve, run a knife or fork along the spine. Gently peel back the top layer of skin. Using a large fork, remove the fish in segments onto plates. Once the first side is complete, gently lift off the skeleton and remove the remaining fish onto plates. Drizzle with the additional butter or margarine

## Charcoal Grill Safety Tips

- \* Place your grill on a solid surface away from overhangs, grass and shrubs.
- \* Grill outside in a well-ventilated area. Never use charcoal inside your house, camper or tent. People die every year from carbon monoxide fumes from charcoal grills used inside.
- \* Store your grill outside. Do not store a grill with freshly used coals inside.
- \* Use lighter fluid made for grilling. Never use alcohol, gasoline or kerosene.
- \* Do not add lighter fluid to coals after they have been lit.
- \* Use long-handled tools and flame-retardant mitts to protect your hands.
- \* Keep loose clothing, especially aprons and shirt tails, away from the grill.
- \* Never leave children or pets unattended near a grill.
- \* Keep a fire extinguisher and a spray bottle of water handy for flare-ups.

## Grill Preparation

- \* Remove old coals and soil from the bottom of the grill.
- \* Line the bottom with heavy-duty aluminum foil, shiny side up.
- \* Add about 30 charcoal briquettes per pound of meat, and ignite.
- \* Place the briquettes in a mound in the center of the grill. Soak the briquettes with charcoal lighter fluid. Wait one minute and ignite. Let the coals burn for several minutes until they turn mostly gray and glow orange. Spread the hot coals over the bottom of the grill toward the edges, about two inches beyond where food will cook. Light the briquettes 20 to 40 minutes before cooking.
- \* Buy or make a starter-can. To make, cut out the top and bottom of a 1-gallon tin can and punch holes around the bottom. Place the can in the center of the grill and add newspaper in the bottom. Place briquettes on top of the newspaper and ignite. Wait until briquettes turn gray and glow orange. Remove can with pliers. Spread hot coals over bottom of the grill using tongs with long handles.
- \* Clean the wire grate that comes in contact with food while coals are heating. Scrub with a stiff bristle brush. Use crumpled foil if you don't have a

# Temperatures

You can estimate the temperature of your grill by holding your hand, palm side down, about four inches from the coals. Count how long you can hold your hand over the coals before it is too hot and you have to pull away.

Number of Seconds	Temperature
2	375 F or higher, Hot
3	350 to 375 F, Medium-Hot
4	300 to 350 F, Medium
5	200 to 300 F, Low

# Grilling Basics

- \* **Direct cooking method** - Place the food on the grate directly over the coals. This method is best for foods that will cook quickly, such as burgers and steaks.
- \* **Indirect cooking method** - Place the food on the grate over a metal or disposable foil drip pan. Bank the coals on either side, or both sides of the pan. Use this method for slow, even cooking for large cuts of meat or whole chickens. You will need to add more briquettes to maintain a hot enough temperature.
- \* **Foil wrap method** - Place food on a sheet of foil and add herbs, sauces or a small amount of liquid. Wrap foil around the food and seal the edges. This method works well for tender foods, such as fish and vegetables.
- \* Leave about 3/4 inch between pieces of food to ensure even cooking.
- \* To speed cooking, partially cook thicker pieces of meat and vegetables in the microwave before grilling. Do this just before they go on the grill. Meats thawed or partially cooked in a microwave should be cooked immediately.

# Grilled Chicken BBQ

- 4 breasts or leg quarters or 1 whole chicken, cut in half, with skin
- 2 cups cider vinegar
- 1/2 tsp. red pepper
- 1 cup vegetable oil
- 1/2 tsp. garlic powder
- 1 tsp. Tabasco sauce
- 2 tsp. salt



1. Place chicken on the grill, cut side down
2. Grill, covered with grill lid, over low to medium-hot coals for 1 to 1 1/2 hours until chicken reached 180 degrees F, turning every 10 to 15 minutes
3. Baste with barbeque sauce before and after turning.

Note: Start with coals in a single layer. You may need to add more coals during cooking to keep grill hot. Keep vents in the top and bottom of grill 3/4 to

# Grilled Chicken Kabobs

- 4 skinless, boneless chicken breasts, cut into 1-inch pieces
- 1 carton (about 2 cups) cherry tomatoes
- 1 green bell pepper, cut into small squares
- 1 cup teriyaki sauce/marinade
- 1 tsp. paprika (optional)
- 1 tsp. garlic powder (optional)
- 1 16-oz can pineapple chunks

1. Mix teriyaki sauce or marinade with spices as desired. Set aside a small amount of marinade for basting later. Place the chicken pieces in the marinade in a glass dish and refrigerate for 30 minutes to 2 hours. Drain chicken and dispose of the marinade.
2. Place chicken, vegetables and pineapple on long wooden or metal skewers. Alternate chicken with vegetables and pineapple. Leave a space between each piece of chicken and the vegetables or pineapple to allow even cooking.
3. Place skewers on grill rack and grill, covered with grill lid, over hot coals 5 to 10 minutes on each side. They are done when they reach 170 degrees

## Grilled Tomatoes



4 ripe tomatoes  
1 Tbsp. fresh oregano or 1 tsp. dried oregano  
1 tsp. lemon pepper

1. Slice tomatoes in half, lengthwise. Prepare coals.
2. Cover grill grid with foil.
3. Place tomatoes on foil and sprinkle with oregano and lemon pepper.
4. Grill tomatoes with cut side down, over hot coals for 4 or 5 minutes.

## Grilled Vegetable Medley

2 zucchini, sliced  
2 summer squash, sliced  
2 potatoes, sliced  
1/4 cup butter or margarine, melted  
1 tsp. paprika  
1/2 tsp. salt (optional)  
1 onion, sliced (optional)

1. Wash vegetables in clean water. Use a vegetable brush to remove soil from vegetables with tough skins such as potatoes.
2. Combine melted butter or margarine with paprika and salt.
3. Place vegetables on a sheet of heavy-duty aluminum foil, bringing up edges of foil. Pour butter or margarine mixture over vegetables. Close foil around vegetables, sealing tightly.
4. Place vegetables on grill rack and grill, covered with grill lid, over medium-hot coals for 15 to 20 minutes.

Another idea: Brush quartered red potatoes with olive oil. Sprinkle with seasonings. Grill wrapped in aluminum foil over medium coals for 20 to 30 minutes.

## Finishing Touches

- \* Grilling isn't just for meat. Serve grilled side dishes, such as vegetables and fruit, along with meats. Tomatoes, potatoes, onions, squash, apples and many other foods taste great cooked on a grill.
- \* Preheat sauces you plan to spread on grilled foods because cool sauces will lower the temperature of the food.
- \* Spread sticky sauces on grilled foods at the end of cooking. Sticky sauces tend to burn the outside of the food.
- \* Add fresh herbs such as cilantro, basil or parsley to bottled sauce for a special taste.
- \* Add salt and ingredients with salt after meat has cooked to reduce moisture loss.
- \* Serve a cool salad to complement hot, grilled foods.

## Charcoal Grill Cleaning Tips

- \* Keep your grill clean by cleaning after each use.
- \* Wash the hood and inside with water and soap before you cook for the first time. Wash as needed.
- \* Use a scraper or wire brush to remove food from the grill before and after you cook.
- \* To prevent food from sticking, rub the grate with a small amount of vegetable oil on a paper towel or spray with vegetable cooking spray before lighting the charcoal.

# ★ Recipes ★

## Grilled Apples



3 apples, peeled, pared and sliced  
1/4 cup margarine, melted  
1 Tbsp. lemon juice  
1/2 tsp. ground cinnamon  
2 Tbsp. brown sugar

1. In a small bowl, mix margarine, lemon juice, cinnamon and brown sugar.
2. Place sliced apples on a large piece of heavy-duty aluminum foil. Top with margarine and next three ingredients. Fold the edges of the foil to seal.
3. Grill on low to medium heat for 20-30 minutes until tender. Serve warm.



## Banana Boats

4 medium bananas, unpeeled  
1/4 cup semi-sweet chocolate chips  
1/4 cup butterscotch or peanut butter chips (careful of food allergies)  
1/2 cup miniature marshmallows

1. Cut alongside inside curve of each banana; press ends of peel to open. Fill each banana evenly with chocolate chips, butterscotch or peanut butter chips and marshmallows.
2. Wrap each banana in foil. Place over heat. Cook for about 5 minutes until bananas are heated through and chips and marshmallows are melted.

## Grilled Whole Onion

1 large yellow or white onion (for each person)  
Bowl of cold water  
1 tsp. margarine

*Optional condiments:* Worcestershire sauce, hot pepper sauce, lemon pepper, chopped parsley, chopped dill

1. Soak unpeeled onion in bowl of cold water for 30 minutes to prevent burning. Cover onion with a plate to keep it under water.
2. Drain and grill on low to medium heat for 20 to 30 minutes, rotating every 10 minutes. Insert a fork into onion to test for desired tenderness.
3. Serve onion whole. Remove skin, add margarine and any desired condiments.

Another idea: Slice onions and add seasonings. Wrap in heavy-duty foil and

## Roasted Corn

1 box or 2 to 3 cups of frozen whole kernel corn  
Nonstick cooking spray  
Salt (optional)



1. Spray heavy-duty aluminum foil with nonstick cooking spray. Shape to form a pan with the foil by turning up edges.
2. Place frozen corn on foil. Sprinkle with salt if desired.
3. Grill corn until done, about 20 minutes. Shake pan to prevent sticking.

Another idea: Peel and husk corn on the cob and soak it in cold water for one hour. Wrap the corn in aluminum foil and grill for 20 to 30 minutes, turning every few minutes.