

# Grilling



Grilling foods is quick and easy. It's healthy, too, because you need to use only a little added oil and the natural fats found in meat and poultry drip off during cooking. Grilling also gives food a delicious smoky and slightly charred flavor. Keep reading to learn simple tips for using the grill.

## What Foods Can I Grill?

Lean meats, fish, and chicken are tasty when grilled. Sturdy vegetables, like potatoes, sweet potatoes, onions, mushrooms, eggplants, peppers, and zucchini, are also good choices. You can even grill many kinds of fruit, like pineapple, peaches, nectarines, apples, and plums.

When you grill meats, choose leaner cuts and trim off extra fat. The fat that drips off meat produces smoke and can ruin the metal on grills. Also, the fat drippings and smoke may release chemicals that increase your risk of cancer.

When grilling meat, fish, or poultry, remember that portion size matters. Aim for a 3- to 4-ounce piece per person. Choose healthy cuts, such as:

- **Poultry:** Skinless, boneless, white meat chicken, duck, or turkey; ground turkey breast
- **Beef:** Flank steak, top loin, sirloin, T-bone steak and tenderloin; 90% lean ground beef
- **Pork:** Tenderloin, loin, or chops
- **Veal:** Any trimmed cut
- **Lamb:** Look for the word “loin”
- **Game:** Rabbit, venison, buffalo, pheasant, ostrich, or quail
- **Fish:** Tuna, salmon, halibut, tilapia, or mahi mahi

## How Do I Prepare the Grill?

- Scrub the grill rack with a grill brush to remove any burnt bits of food. Then gently rub cooking oil on the grill rack with a brush or paper towel.
- If you use a gas grill, preheat it.
- For a charcoal grill, you can build the fire using charcoal and lighter fluid or charcoal in a chimney starter.
  - If you use lighter fluid, stack the charcoal in a pyramid shape at the bottom of the grill. Then apply the lighter fluid as instructed on the product label. Let the lighter fluid soak into the charcoal for a minute before lighting the grill. Allow the charcoal to burn for 30 minutes before putting food on the grill rack.
  - To use a chimney starter (a metal tube with air holes), remove the grill grate and place the starter on the grill. Add a layer of newspaper to the starter. Then fill it with charcoal and light the newspaper. When the charcoal is burning, carefully pour it into the grill and replace the grill grate.

## How Do I Prepare Foods for the Grill?

### Meat, Fish, and Poultry

Marinate meats, fish, and poultry before grilling them. Marinades contain acidic ingredients, such as vinegar, wine, and citrus juice. They add flavor and tenderize meats and poultry. Marinades also decrease the production of cancer-causing agents that can be created when foods are grilled.

Place the food in a container, and toss it in marinade (store-bought or homemade). Cover the container, and refrigerate it for at least 30 minutes before grilling.

### Vegetables and Fruits

Cut vegetables and fruits in large pieces that won't fall through the grill grate. A grill basket or skewers may be helpful. Brush the cut pieces with a little oil or marinade to keep them from sticking.



## How Do I Grill Foods?

- When using a gas grill, do not set the temperature too high. When using a charcoal grill, let flames die down a bit before you add food. Flames should not touch the food.
- Plan where you will place each food on the grill. Separate different foods to keep the flavors from mixing. Also, certain foods (like fish and vegetables) require lower cooking temperatures. Do not place them on the hottest parts of the grill, such as directly over the charcoal.
- Place each food on the grill. Turn foods occasionally to cook them on all sides.
- Brush marinade or sauce on the grilling food to keep it moist. Once the food is cooked, do not add any marinade that touched the raw food. Either discard it or boil it on stove to make a sauce that is safe to eat.
- Use a cooking thermometer to check doneness of meat, poultry, and fish. (See the chart for the recommended cooking temperatures.)
- Do not reuse tools or dishes that touched raw meats or raw poultry for cooked food unless you wash them thoroughly first.

## Recommended Internal Cooking Temperatures

<b>Food</b>	<b>Minimum Internal Cooking Temperature</b>
Poultry (any form of chicken, turkey, or duck)	165 °F
Beef, lamb, veal, ground meats, hamburger, hot dogs, sausages, fresh (raw) ham	160 °F
Steak, fresh pork	145 °F
Precooked ham	140 °F