



Barbecue Tips

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- Start with a clean grill.
- Wash everything after handling raw meat.
- Coat grate with vegetable cooking spray, or brush with cooking oil to prevent food from sticking.
- Toss in a handful of aromatic wood chips such as mesquite, hickory, alder, or fruitwood chips over the coals.
- Get the grill up to temperature before you put the food on.
- Cook white-meat poultry until juices run clear and the meat reaches an internal temperature of 170o to 175oF and dark meat to 180o to 185oF on a meat thermometer.
- To reduce the chance of overbrowning, apply tomato- based sauces or those containing sugar or other sweeteners only during last 20 to 30 minutes of grilling.
- Cook low and slow for the most tender meat.
- Add secret ingredients. For the best burgers, mix part ground beef, part ground sausage and a little milk to keep them moist.
- Be attentive to the grill. Don't leave it unattended.
- Keep a fire extinguisher handy.
- Marinate meats for added tenderness.
- Make sure meats are cooked to appropriate temperatures.
- Give meat time to 'rest' after you pull it off the barbecue - especially steaks. Cover lightly and leave alone for five to seven minutes to allow juices time to settle back into the meat.