

## — Grilling Facts —

Fill your grill this summer with healthy foods, including lean beef, and consider these facts from the Kansas Beef Council. And visit [www.BeefItsWhatsforDinner.com](http://www.BeefItsWhatsforDinner.com).

- **Go Lean with Protein:** There are 29 cuts of beef that meet government guidelines for lean, including popular cuts such as T-bone steak and the New York Strip steak.
- **Lose the Fat, Spare the Wallet:** Lean cuts are healthy and affordable.
- **Perfect Pair:** Many people fall short of dietary guidelines recommending two cups of fruit and 2 ½ cups of vegetables a day. Try pairing mushrooms, tomatoes, sweet potatoes or carrots with lean beef for an added punch of flavor and nutrition.
- **Marinades and rubs:** Marinades add both flavor and tenderness to lean cuts of beef, while dry rubs add a whole new flavor experience. Try them!
- **Lean and Trim:** Choose lean, well-trimmed cuts of meat to prevent fire flare-ups and excess smoke formation. Should minimal overcooking occur, trim off any burnt or charred pieces before eating.

### Sources

(HPBA Barbecue, Lifestyle, Usage and Attitude Survey, [www.hpba.org](http://www.hpba.org))  
 (Psychology of Grilling survey, funded by the Beef Checkoff Program)  
 (USDA Nutrient Database)  
 (FreshLook Marketing Group, leading U.S. source of grocery scanner data for meat and produce purchasing)

# Grilling with direct or indirect heat

Direct heat grilling is cooking food directly over the heat source throughout the entire cooking process. It's good for thin cuts (less than two inches thick) of meat, seafood or vegetables and perfect for burgers. If using a gas grill, turn on all valves to the same level. If using charcoal, spread the coals evenly throughout your cooking area.

Indirect grilling is the method favored by barbecue masters. It uses the heat and the smoke of the grill to cook low and slow. This method is ideal for larger cuts of beef such as beef roasts or ribs at home.

### Tips for Direct Heat Grilling

Trim visible fat from meat and poultry before grilling to help prevent flare-ups. If you want to use marinades or rubs, you'll need to plan ahead. Review our tips for marinades and rubs and flavorful recipes.

Grill over medium heat. For gas grills, set temperature controls to medium. For charcoal grills, check the coals. You'll know you're ready to grill when the coals are no longer flaming

and are covered with gray ash. To check the temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately four seconds for medium heat.

If food is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness.

Use a long-handled spatula to turn burgers and tongs to turn steaks. Though you may be tempted to play with your grilling tools, don't press, flatten or pierce the meat or flavorful juices will be lost.

### 3 Easy Steps for Indirect Grilling

**Step 1:** Prepare charcoal grill for indirect cooking by igniting an equal number of charcoal briquettes on each side of fire grate, leaving open space in the center. When coals are medium hot, and ash covered (about 25-30 minutes), add three to four new briquettes to each side. Place aluminum foil drip

pan in center between coals. Position cooking grid with handles over coals so additional briquettes may be added when necessary.

To check the temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately four seconds for medium heat.

**Step 2:** Remove beef from refrigerator and season as desired. Place beef on cooking grid directly over drip pan.

**Step 3:** Cover with grill lid and grill over medium heat until thickest part of roast reaches internal temperature as specified. Turning is usually not necessary. Add 3 to 4 additional briquettes to each side every 30 minutes or as necessary to maintain proper heat during grilling. Transfer roast to carving board; tent loosely with aluminum foil. Let roast rest for 10 to 15 minutes. (Temperature will continue to rise about 5° to 10°F to reach desired doneness and roast will be easier to carve.)



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Jim Delaney  
Service Manager

email:  
[delaneys@gbta.net](mailto:delaneys@gbta.net)



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