

Hot Tips for Grilling



Marinating Made Easy

- Marinating meats before cooking helps to tenderize them and adds more flavor.
- For tender cuts of meat marinate for up to an hour before cooking. Less tender cuts of meat may require up to 6 hours or more of marinating before cooking.
- Remember to always keep meats refrigerated while marinating.
- Chicken should be marinated at least 1-2 hours, fish at least ½ hour prior to cooking.
- Use about 1-2 cups of marinade for every 1½-2 lbs. of food.
- Marinate meats and seafood in a glass dish or plastic food storage bag.
- Piercing the meat or seafood with a fork will allow the marinade to penetrate the food better, enhancing the flavor.

Grilling Tips

- The grill should be very hot before you begin to cook. It should have 2 very distinct levels of heat. One level should be very hot to cook your food, one that is not as hot so that the food can be easily cooked through and moved about the grill without undesirable burning.
- Cooking steak? Try to flip it only once. Excessive flipping will cause your steak to lose its juices, and will prevent searing, which will cause your steak to lose flavor.
- Keep a foil pan handy to cover food, particularly chicken and other foods that require more than 45 minutes to cook through. This will help prevent your food from developing a “tinny” taste that can sometimes happen when the grill lid is closed for a long duration of time.
- For great grilling recipes, visit http://www.stopandshop.com/meal_solutions/recipes.htm and click on the “Perfect Pairings” category.

How to Tell When Your Steak is Done

- Use a quick-read thermometer to determine the internal temperature of your steak. Medium rare: 145°, Medium: 150°, Well-done 160 °. (If you do not have a thermometer, cut a tiny slit on one side of the meat to ensure desired doneness.)

Cooking Hints

- Baste meats during the last 5 to 10 minutes of grilling to maximize flavor. Basting too soon with barbecue sauce or any sauce with a high sugar content may cause burning.
- Choose thick-cut steaks and chops for grilling. Trim visible fat from meat in order to reduce drippings and flare-ups.
- Let meat rest for 5 minutes before serving to allow juices to settle. Doing this will help the meat to retain its juices.
- For great grilling recipes, visit http://www.stopandshop.com/meal_solutions/recipes.htm and click on the “Perfect Pairings” category.

Grilling Vegetables

- When grilling corn, soak unshucked in water for ½-1 hour before grilling. Kernels will steam inside the stalks on the grill, and will be protected from burning. Keeping the stalk intact will lend a smoky flavor to the corn.
- To grill peppers, first coat the whole pepper with olive oil, then place on a hot grill. Turn the pepper as it blackens to ensure it is cooked on all sides. When done, place in a paper bag. This will steam the pepper, making it easier to remove the peel and seed. Season grilled peppers with garlic and salt and use as a topping on pizza, grilled sausage grinders or brushcetta.
- Packets made out of aluminum foil are a great way to cook vegetables on the grill. Simply place vegetables on a piece of foil, season, seal all sides, and place on the grill. The vegetables will steam in the foil packet, and be infused with flavor.
- For great grilling recipes, visit http://www.stopandshop.com/meal_solutions/recipes.htm and click on the “Perfect Pairings” category.