

# **GRILL-AMENTALS OF GRILLING:**

A Complete Consumer Guide  
to Year-Round Grilling



[www.hpba.org](http://www.hpba.org)

---

# TABLE OF CONTENTS

Getting the Grill Ready .....	2
Party Planning: Preparation & Tips .....	4
Grilling Etiquette and IQ .....	5
Sizzling with Safety .....	6
Food Handling Safety Tips .....	6
Easy Grilling Clean-up Tips .....	7
<b>GRILLING RECIPES</b>	
Grilled Chicken, Plantain and Pineapple Skewers .....	8
Grilled Fish and Nectarine Mint Salsa .....	9
Pacific Ocean Salmon with Fresh Vegetables .....	10
Grilled Lamb Sirloin Pasta Salad with Fresh Tomato, Lemon and Dill Dressing .....	11
Flank Steak with Grilled Salsa .....	12
Red Potato Skewers .....	13
Honey and Lemon Grilled California Nectarines .....	14
Upside-Down Ginger-Pecan Peach Pie .....	14



---

# GETTING THE GRILL READY

With the majority of grill owners grilling year-round, not to mention the fact that 47% of grill owners are grilling one to two times per week during the peak grilling season, it's no secret that grill usage is on the rise. But, before you consider firing up the grill for a mid-week meal, weekend barbecue or special summer holiday, it's important to assess your current grilling equipment and accessories. The right gear is just as essential as the food!

**STEP 1:** Whether you're buying your first grill or looking to replace your current one, it's important to own and use the grill that best fits your grilling lifestyle. With the wide array of choices available, you'll want to determine what type of grill best fits your needs.

## **GAS**

The easy convenient choice, gas grills can be ready to cook in 10 minutes. Gas grills also make it easy to regulate the heat and to cook at several different temperatures at the same time.

## **CHARCOAL**

Some people swear charcoal cooking produces better flavor. Charcoal can create a high temperature for searing, but can also be used for "low and slow" cooking. These grills can also double as a smoker.

## **PELLET**

Wood pellets, available in a variety of flavors such as hickory, mesquite, and oak, provide the energy source while infusing food with flavors from the resultant smoke. Increasingly popular, pellet grills are attractive because they are energy efficient and clean burning.

## **ELECTRIC**

Electric grills are designed to produce constant heat and operate without an open flame. These types of grills are ideal for apartment or condo dwellers and require NO charcoal or propane.

*Quick Tip: For your grill's best performance, extension cords are not recommended. When buying an electric grill take into consideration the length of the grill's cord. If you must use an extension cord, ensure that it is properly rated for the amperage required for your electric grill.*

---

**STEP 2:** Once you've determined the type of grill, the next step is to evaluate how you will use your grill and your budget. Make sure you ask yourself:

## **WHERE WILL I USE MY GRILL?**

Will you be using your grill on a small balcony, on your backyard patio or in your custom-designed outdoor kitchen? Today's grills are specially designed for specific areas ranging from small apartments and condos to fully-equipped, permanent outdoor kitchens. Think about grill placement and that can help you decide how large or small you want to go with a new grill purchase.

---

### **WHAT FEATURES DO I WANT?**

Are you an adventurous gourmet griller or just a basic hot dogs-and-hamburgers type of griller? Grills today come with all sorts of interesting “bells and whistles,” like side-burners, porcelain or cast-iron cooking grates, rotisserie burners, smoke burners and even enclosed tanks. Be sure to make a list of your must-have features before shopping.

### **WHAT'S MY STYLE?**

Today's grills are no longer “basic black.” Manufacturers are catering to consumer demand for interesting design including sleek stainless steel, colors, and a variety of styles ranging from traditional to modern.

### **DON'T FORGET THE ACCESSORIES!**

Traditional tools of the barbecue trade such as cleaning brushes, long-handled tongs, spatulas and meat thermometers are musts, but dozens of new accessories in the market are making grilling easier and more fun and interesting than ever. New tech tools like a rotisserie hot dog cooker and a pizza griller let you move your favorite foods from the platter to the grill. The latest grill-to-table accessories, such as gourmet grillware, helps to keep grilled food hot longer and the grill hook helps to minimize the loss of juices in meat when grilling.

### **WHAT'S MY BUDGET?**

Whatever your budget, there is a grill for you. Basic backyard grills can sell for as little as \$50 while top-of-the-line gourmet grills can sell for \$5,000 or more.



---

# PARTY PLANNING

A 2007 Hearth, Patio & Barbecue Association (HPBA) opinion poll found that a majority (54%) of people who grill admit that they still have a lot to learn about grilling. While grillers agree that they have the basics down, they by no means consider themselves pros. HPBA offers these tips to help you plan, prepare and pull-off mouth-watering meals that will have the town, or at least your invited guests, talking.

## GET THE PARTY STARTED

Create a party checklist so you have all your bases covered including food, grilling accessories, and paper goods.

## THEME YOUR BARBECUE

Whether it's a holiday, birthday or any old day, spice up the occasion with a theme!

**Holiday Barbecue** – Be it Memorial Day, Canada Day, July 4<sup>th</sup> or Labor Day the barbecue rings true for summer holiday grilling. For a traditional barbecue, gather friends and family, decorate the backyard with festive and celebration-themed decorations and fire-up the grill.

**Father's Day** – Prepare a feast fit for your father. Marinate and grill your dad's favorite dishes to let him know he's tops. Shower him with gifts for his grill, including the latest accessories and tools for top-notch barbecues year-round.

**Birthdays** – Celebrate loved one's birthdays with a backyard blowout. Add a twist to the birthday dessert by adding grilled fruit to the top of ice cream to accompany birthday cake.

**Neighborhood Nest Party** – Celebrate any day with friends, family and neighbors at a backyard barbecue. Divvy up the menu and marinades allowing everyone to contribute to the meal. This is also a great way to meet neighbors in a comfortable and festive setting.

## PACK THE PUNCH

Burgers, steaks, and chicken are the most popular foods for the grill, but try some other appetizing ideas to feed yourself and your friends like grilled pizza, grilled veggies and even grilled fruit. See recipes within.

## GRILL GEAR

You can't have a party without friends and you can't grill without proper utensils. Invest in good spatulas, tongs and an instant read meat thermometer that will last through the grilling season.

## LEVELS CHECK

Eliminate a last minute run to the local store for charcoal or propane by stocking up in advance and checking levels the day before. Also, pre-party, be sure to warm up your gas grill to ensure it works properly and clean the grates with a wire brush.

*Quick tip: Check how much propane remains in your tank by bringing your bathroom scale outside and put the tank on it. An empty tank weighs between 17 and 19 pounds. Another option that's even better, buy an accessory that attaches to your cylinder to monitor the propane level.*

## PRE-PARTY PREP

Plan ahead to ensure that you'll be able to mingle instead of preparing the food when your guests arrive. To enjoy your time at the party, marinate meats, cut veggies and prepare other grilling fixings the night before. When guests arrive, simply remove food from the refrigerator and throw on the grill.

---

# GRILLING ETIQUETTE AND IQ

The basics of 'how to grill' prevail as universal, but when it comes to the rights and wrongs of hosting and attending cook outs, everyone has their opinion. For instance, when asked to attend a barbecue is it always standard to bring your own meat? If you are hosting the party should you invite your neighbors? And, how important is it to supply vegetarian options for non-meat eating guests? To ensure a blunder-free outdoor cookout, follow these dos and don'ts revealed from a national poll of Americans fielded by HPBA.

## **WHEN INVITED TO A BARBECUE:**

- DO feel okay bringing your own sauce, 49% of grillers says it acceptable.
- DO expect the meat to be provided by the host, but pull your weight by bringing your own sides and beverages. Go the extra mile and bring enough to share with others.
- DON'T touch the grill! 61% of those surveyed say only the host/hostess should 'man' the grill. As a guest you can look, but don't touch.

## **AS THE HOST OF A BARBECUE:**

- DO have all grilled food ready at relatively the same time (83% stated).
- DO offer grilled vegetarian options (66% agreed).
- DON'T feel obligated to invite your neighbors. Two-thirds of people surveyed said there is no need to extend an invitation to neighbors, even if they can see and smell that you're having a barbecue.

## **IN GENERAL, WHEN GRILLING WITH OTHERS:**

- DO start eating your food if your meat is finished before everyone else's—after all, you don't want your freshly grilled meat to get cold.
- DO stake your claim at a community grill by laying out your grilling utensils.
- DO be considerate of others—it is only appropriate to flip your own meat and the meat of others when manning a grill.



---

## SIZZLING WITH SAFETY

Of course, the main ingredients for outdoor cooking should always be common sense and safety. To help keep your grilling experience fun, safe and easy, keep these tips in mind:

1. Position your grill in open areas away from buildings and high traffic areas.
2. When lighting a gas grill, always keep the lid open.
3. When grilling, wear clothing that does not have hanging shirt tails, frills or apron strings.
4. The grill and great food are the center of attention at any barbecue, be sure that the grill is never left unattended.
5. Trim the excess fat from meat to avoid flare-ups.
6. When using a charcoal grill, wait for the coal's flames to die down before grilling. Be patient and never squeeze excessive lighter fluids on the charcoal to speed up the process.
7. Place vegetables and fruits at the outer edge of the grill to prevent burning.
8. Always use long-handled barbecue utensils to avoid burns and splatters.
9. When grilling, use tongs or spatulas to move or turn meats instead of a fork to minimize the loss of juices.
10. Use a meat or "instant read" thermometer to ensure meat is cooked thoroughly. As a guideline, poultry 180°F (breasts 170°F); beef, lamb, veal roasts/steaks 145°F to 160°F; any burgers 160°F; all pork 160°F.

## FOOD HANDLING SAFETY TIPS

Great grilled food is the number one reason consumers take to the grill. To ensure delicious meals, proper food preparation and safety tips must be followed.

1. Load grocery bags with meat and other perishable foods into the air-conditioned section of the car, not in the trunk.
2. Once at home, refrigerate or freeze the meat as soon as possible. If you don't plan on using the meat, fish and/or poultry within a few days, freeze immediately.
3. Always thaw frozen food and marinate foods in the refrigerator and never on the counter.
4. Hand washing is paramount. Wash hands in hot, soapy water before preparing food, after touching raw meat, and after any interruptions such as using the bathroom, handling pets, stopping to help children
5. Sanitize cutting boards and counter tops with chlorine bleach. Pour small amount on surface and let stand several minutes, rinse thoroughly and air dry with clean paper towel. Soak sponges and dishcloths in hot soapy water to which you've added chlorine bleach.
6. Boil any marinade to destroy bacteria if you plan to baste with it or serve it with the cooked meat. Never save marinades for reuse.
7. Never char the meat!
8. Reheat foods or fully cooked meats, like hot dogs, by grilling to 165°F or until steaming hot.
9. Refrigerate leftover food quickly (no more than two hours after grilling) and use within a couple of days.
10. When carrying food to a picnic, the beach, or a tailgating party keep food at 40°F using an insulated cooler with ice or ice packs.

---

## EASY GRILLING CLEAN-UP TIPS

For consumers, an easy clean-up is an added bonus to grilling food outdoors. In fact, a majority (70%) of respondents polled by HPBA say that they enjoy having few or no pots and pans to clean-up after grilling as opposed to indoor cooking.

**To make outdoor grilling clean-up even easier, HPBA offers the following tips:**

- BEFORE lighting the grill, apply non-stick spray on the grates. The protective spray cuts down the clean-up time afterwards.
- For charcoal grills, line the bowl with aluminum foil. After grilling, and once the grill and coals are cool (as a rule of thumb, always allow coals to burn out completely and let ashes cool at least 48 hours before disposing), simply discard the foil with the coals and ash, then wash and reline with foil for next time.

*Quick Tip: If you must dispose of coals and ashes before completely cooled, place them in heavy-duty foil and soak with water completely before disposing in a non-combustible container.*

- Use a wire brush or even crumbled aluminum foil to scrub away buildup on the grates once the grill has cooled.
- Squirt grease-cutting dishwashing detergent on grill and grates (once cool). Scrub with brush or abrasive pad, then rinse. A repeat may be necessary.
- For tougher jobs, place cool grill grates inside a plastic garbage bag and spray them with oven cleaner. Tie the bag shut and let it sit outside for a few hours. Wearing rubber gloves, place grates on a newspaper and then scrub with abrasive brush or scrub pad. Rinse with water. You can also spray oven cleaner in the bowl of the grill and, wearing rubber gloves, wipe the residue out using crumpled newspaper.

---

# GRILLING RECIPES

Turn up the heat and venture to try new, delicious grilling recipes. Easy, simply and sure to tempt your taste buds, these 1, 2, 3 recipes are sure to please your appetite.

## MEAT, POULTRY AND FISH

### Grilled Chicken, Plantain and Pineapple Skewers

SERVES 4

*Reci-tip: When using skewers, soak bamboo skewers in water for at least 30 minutes to prevent veggies from sticking.*

#### Ingredients:

- 8 chicken thighs, boneless and skinless, cut into 1½ inch chunks
- 4 strips bacon, cut into 1½ inch pieces
- ½ pineapple, peeled, cored and cut into 1 ½ inch chunks
- 2 plantains, ripe, peeled and cut into 1 ½ inch chunks
- ½ cup pineapple juice
- ¼ cup lime juice
- 2 tablespoons oregano, chopped
- 2 garlic gloves, minced
- ½ cup vegetable oil

**Pineapple Dipping Sauce:** In medium bowl, stir together 2 teaspoons vegetable oil; 1 large onion, minced; one 10-ounce jar of pineapple fruit spread and remaining marinade. Boil as instructed before serving.

**Instructions:** On eight 10-inch skewers, thread chicken, bacon, pineapple and plantains, alternating ingredients. Set skewers on a tray with sides or in a glass baking dish. In small bowl, stir together pineapple juice, lime juice, oregano and garlic cloves. Pour pineapple juice mixture over skewers, turning to coat all sides thoroughly. Cover with plastic wrap and refrigerate for at least 30 minutes, and up to 24 hours, turning skewers occasionally.

Before cooking chicken, prepare pineapple sauce.

When coals are hot, lift skewers out of marinade and brush lightly with vegetable oil. Grill over medium-hot coals for about 20 minutes, turning often. Stir remaining marinade into sauce. Boil sauce over hot stove, stirring often, for 4 minutes. Serve skewers hot, passing Pineapple Dipping Sauce separately.

*Reci-tip: When grilling, use tongs or spatulas to move or turn meats instead of a fork to minimize the loss of juices.*



Source: National Chicken Council

## Grilled Fish with Nectarine Mint Salsa

SERVES 4

### **Ingredients:**

4 medium halibut, swordfish or mahi mahi fillets or steaks  
3 tablespoons butter  
1 tablespoon lemon juice  
2 cloves minced fresh garlic  
¼ teaspoon lemon pepper  
¼ teaspoon salt

### **Nectarine Mint Salsa:** (recipe follows)

1 cup diced fresh California nectarines  
3 tablespoons finely chopped red bell pepper  
2 tablespoons sliced green onions  
2 teaspoons fresh lime juice  
½ tablespoon chopped fresh mint  
½ finely chopped small seeded jalapeno pepper

**To prepare salsa:** Stir together all ingredients and keep covered until ready to serve.

**Instructions:** Prepare grill for cooking fish over medium-high heat. Rinse fish and pat dry. Melt butter in a small saucepan. Add lemon juice, garlic, lemon pepper and salt; simmer for 1 minute over low heat and set aside. Cook fish steaks for about 5 minutes on each side or until fish flakes easily with a fork, brushing liberally with butter mixture during the last few minutes of cooking. Serve with a large scoop of Nectarine Mint Salsa.



*Source: California Tree Fruit Agreement*

## Pacific Ocean Salmon with Fresh Vegetables

SERVES 4

### Ingredients:

4 fresh California King Salmon fillets (6 oz.)  
(Rinse salmon fillets and pat dry. Set the fillets aside)

### For Balsamic Marinade:

1/3 cup olive oil  
3 tablespoons balsamic vinegar  
3 tablespoons seasoned rice wine vinegar  
1 tablespoon Dijon mustard  
2 cloves of garlic, crushed  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground pepper  
1/4 teaspoon crushed red pepper

### For Vegetables:

3/4 lbs broccoli florets with 2 1/2 inch stems  
1 cup roma tomatoes, diced  
1/3 cup red onion, diced  
2 tablespoons capers  
2 tablespoons fresh basil leaves, chopped  
2 tablespoons fresh dill, chopped  
Balsamic vinegar

**To prepare marinade:** In a small bowl whisk together oil, vinegar, mustard, garlic, salt, black and red pepper. Remove 1/4 cup marinade to baste the salmon while grilling.

**Instructions:** Steam broccoli about 5 minutes or until crisp-tender. Rinse with cold water. Place in a large bowl with tomatoes, onions, capers, basil, and dill. Pour remainder of marinade over the vegetables in a bowl and marinate. Grill salmon and serve fish over room-temperature vegetables.



Source: California Salmon Council

## Grilled Lamb Sirloin Pasta Salad with Fresh Tomato, Lemon and Dill Dressing

SERVES 4

### Ingredients:

¾ cup fresh lemon juice

¼ cup olive oil

6 cloves garlic, finely chopped

1½ teaspoons salt

1½ teaspoons pepper

3 tablespoons chopped fresh dill, divided

1 pound American Lamb sirloin or leg

½ pound rotini pasta

1½ pounds Roma tomatoes, cut into ½ inch pieces

8 ounces low-fat feta cheese, cut into ¼ inch pieces

¾ cup Kalamata or black olives drained, cut in half

¼ cup finely chopped red onion

**Instructions:** To make dressing, in small bowl whisk together lemon juice, oil, garlic, salt and pepper. Place lamb in sealable plastic bag and add ¼ cup dressing and 1 tablespoon dill. Refrigerate and marinate for 1 hour or overnight.

Cook pasta according to package directions. Drain and while still warm toss with ½ cup dressing and 1 tablespoon dill; set aside. Combine tomatoes, cheese, olives, onion and remaining dressing and dill. Allow flavors to blend for 1 hour. Toss pasta and tomatoes; set aside.

Remove lamb from marinade and discard marinade. Grill over medium-hot coals about 10 minutes per side or until desired degree of doneness: 145°F for medium-rare, 160°F for medium and 170°F for well. Remove lamb from grill, cover and let stand 10 minutes. Internal temperature will rise approximately 10 degrees. Thinly slice lamb and serve over pasta.



Source: American Lamb Board

## Flank Steak with Grilled Salsa

SERVES 6 TO 8

*Reci-tip: Before grilling, trim the excess fat from meat to avoid flare-ups.*

### Ingredients:

- 1 California peach, pitted
- 1 red California plum, pitted
- 1 California nectarine, pitted
- 1 to 2 jalapeno peppers, stemmed and seeded
- ¼ cup minced red onion
- 2 tablespoons minced cilantro
- 1 tablespoon lime juice
- 2 pounds flank steak
- 2 teaspoons garlic salt
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- ½ to 1 teaspoon chipotle or ancho chili powder

**Instructions:** Cut each piece of fruit into 8 slices. Place fruit and jalapenos on a well-oiled grill over medium heat and cook for a few minutes on each side. Let cool, then chop and place in a medium bowl with onion, cilantro and lime juice. Stir to combine. Cover and refrigerate until ready to serve. Thoroughly tenderize the meat by pricking both sides with meat tenderizer or fork. Stir together garlic salt, cumin, oregano and chili powder in a small bowl and rub onto both sides of meat. Place on grill over medium heat and cook for 5 to 7 minutes on each side or until meat is cooked to your liking. Let stand for 5 minutes before thinly carving at an angle against the grain. Transfer meat and juices to a platter. Serve with grilled salsa.



Source: California Tree Fruit Agreement

## VEGETABLES AND FRUIT

### Red Potato Skewers

*Reci-tip: Place vegetables and fruits at the outer edge of the grill to prevent burning.*

#### Ingredients:

- 2 medium russet potatoes or 6 red bliss potatoes
- 2 medium zucchini
- ½ cup italian dressing
- ½ of Hillshire smoked sausage rope
- 4 12" Skewers

#### Instructions:



#### Step 1

Preheat grill. Cut potatoes in half. Cut zucchini and sausage the same width as potatoes.



#### Step 2

Place skewer through potato, zucchini and sausage. Repeat 3 times each skewer.



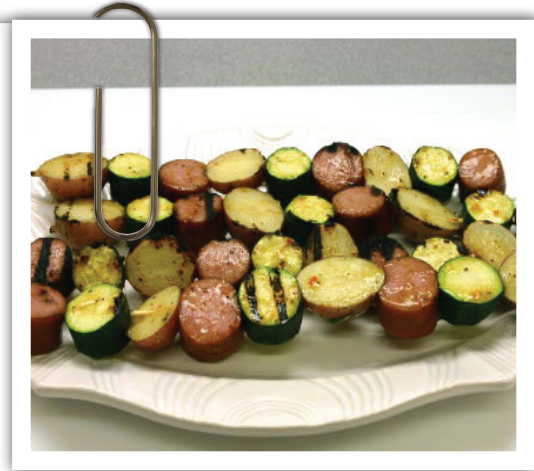
#### Step 3

Place skewer in dish and pour Italian dressing over skewers. Marinate in dressing for 5 minutes.



#### Step 4

Place skewers on grill and cook 5 minutes each side, or until potatoes are done. Remove from grill and serve.



*Source: United States Potato Board Recipes*

## Honey and Lemon Grilled California Nectarines

SERVES 4

### Ingredients:

¼ cup honey	2 tablespoons melted butter
1 tablespoon fresh lemon juice	4 small scoops vanilla ice cream
Pinch cinnamon	Fresh mint sprigs to garnish
2 ripe fresh California nectarines cut into 8 wedges each	



Source: California Tree Fruit Agreement

**Instructions:** Prepare grill for medium-high heat. Stir together honey, lemon juice and cinnamon in a small saucepan over high heat. Bring to a boil; reduce heat and simmer for 5 minutes. Set aside to cool until warm. Brush nectarine wedges lightly with butter. Grill for 2 to 3 minutes on each side. Remove from grill and carefully stir into warm honey and lemon mixture. Spoon over ice cream and garnish with mint sprigs.

## Upside-Down Ginger-Pecan Peach Pie

SERVES 8

### Ingredients:

1 cup flour	½ cup plus 2 tablespoons softened butter, divided
¼ cup powdered sugar	4 firm California peaches, pitted and cut 8 slices, each
¼ cup chopped pecans, toasted	1 tablespoon brown sugar
2 tablespoons minced crystallized ginger	8 small scoops vanilla bean ice cream (optional)
1½ teaspoons cinnamon, divided	



**Instructions:** Preheat oven to 325°F and lightly butter a loaf pan. Stir together flour, powdered sugar, pecans, crystallized ginger and 1 teaspoon cinnamon. Add in ½ cup butter and mix well to form soft dough. Press into the bottom of prepared pan and bake for 25 minutes. Set aside to cool, and then break into a rough crumble, leaving some larger and smaller pieces. Melt remaining butter and cinnamon in a large bowl in the microwave. Toss fruit in butter mixture then grill over high heat for about 1 to 2 minutes on each side. Remove from grill. Place ice cream in bowls and top with warm fruit and sprinkle with crumbled shortbread.



[www.hpba.org](http://www.hpba.org)