



CHARCOAL GRILLING GUIDE

Professional tips & reminders after a long winter!

TIP 1 PROPER AMOUNT OF CHARCOAL TO USE

In order to determine the proper amount of charcoal to use, you need to first decide how much of the cooking grate area you will require for grilling. An even layer of charcoal should be spread across the entire bottom of the grill if the entire surface of the cooking grate will be used. When using only a portion of the cooking grate for grilling, coals should extend two inches beyond the area of the grate where the food will be grilled.

TIP 2 LIGHTING THE CHARCOAL

Once you figure out the desired amount of charcoal, gather it into a mound in the center of the grill. Open the bottom vents on the grill before lighting.

If using self-lighting charcoal briquettes, simply use a long match to light. If you prefer to use a briquette without any petroleum products, use an untreated charcoal briquette and a chimney starter. Newspaper is placed at the bottom of the chimney starter and the charcoal is placed on top. Once the newspaper is lit from the bottom, the fire is drawn up through the charcoal in the chimney starter. Either way, the process usually takes 20-30 minutes.

TIP 3 KNOWING WHEN THE CHARCOAL IS READY

The charcoal is ready when the coals are glowing and are evenly coated with a layer of gray ash. Using a long handled tong or other similar tool, spread the hot coals evenly across the bottom of the grill under the area where the food will be grilled. You may also place the charcoal in different configurations if you are using indirect heat for grilling.

TIP 4 LIFE SPAN OF HOT COALS

Most charcoal can be used for about an hour before the coals begin to lose heat and become insufficient to continue grilling. If a longer grilling time is desired, simply replenish coals. Remove the cooking grate, add more charcoal, and wait until they are properly lit before continuing to grill. The added charcoal usually requires half the time to be ready for grilling than your charcoal started from scratch (about 15 minutes).

TIP 5 OILING YOUR GRILL GRATE

The grill grate should be oiled before grilling. Using a long handled basting brush, apply oil to the entire grilling surface. Safflower, canola and sunflower oils break down at a much higher temperature than oils like olive or lard. Once the oil breaks down, it produces smoke and bad flavor. So use one of these oils.