

Detailed Instructions for Barbecuing, Grilling and Oven Roasting

Specific Grilling Instructions:

Preheat your grill to medium hot, 375°F. to 400°F. If you are using wood, charcoal or mesquite, light your coals and allow them to burn to the point where they are mostly white ash looking and have a nice even low flame emitting from the coals.

Place your rubbed meat directly on your lightly oiled grill. We like to use what is called a grill mop to oil my grill. It looks like a miniature floor mop, about a foot long, and I leave it in a small stainless steel container with a little oil in it, next to the grill.



Figure 1. Grill mop

Grill your meat for 3 to 15 minutes on the first side, depending on the temperature of your grill and the size of the meat, to get those classic grill marks and a nice golden brown crust has formed. This is the searing process of cooking the meat and it forms a crust, so the internal meat juices don't all slowly get pushed out of the heat.

Then turn the meat over and continue grilling until you reached your desired doneness, according to the temperature instructions above. Again, try not to flip-flop your meat back and forth. Let it grill completely on one side then flip it over to finish grilling on the other side. This might take practice and restraint. Avoid flare ups as the charring of the meat should be controlled and not turn meat into the neighborhood bonfire! I always have a spray bottle of water handy when I grill, to put out hot spots. Remember we are grilling not charring the meat.

As specified above for beef, you will want to reach a specific temperature of doneness according to your taste and personal preference: 125 F. for rare, 130 F. for medium rare, 135 F. for medium, 140 F. for medium well and over 150 F. for well done. If you are slow roasting tough large pieces of beef or pork, this process could take 8 hours for a beef brisket or 3 hours for a pork butt, to reach the 190 F. Similarly, if you are slow roasting a prime rib or rib roast, the oven roasting process could take 3 to 5 hours depending on the oven temperature, the size of the meat and the personal doneness you are looking for.

Chicken and turkey should reach 165 F. Fish and pork should be cooked to 145 F.



These temperatures are approximate and there will be carry over cooking, as the meat will continue to cook once removed from the oven or grill for a short period of time, so take that into account when you are checking the meat temperatures. We highly recommend purchasing an instant read thermometer to check the meat temperatures.

Specific Oven Roasting Instructions:

Preheat your oven to medium hot, 425 F. Place your rubbed meat on a grill pan or sheet pan in the oven and sear it for 20 minutes for medium size of meat, say a 3 pound chicken. Slightly less time, 15 minutes, for a smaller portion of meat and more time, 30 minutes for a larger cut, say a whole beef brisket. The point here is to sear the outside of the meat, so that you form a “crust” to hold in all the juices. If you don’t do this the juices will eventually just leak out.

Once you have formed a nice crust, lower the oven temperature to 275 F to 325 F., depending on the type of meat you are roasting and continue slow roasting your meat. Slow roasted whole cut of beef (brisket) or pork (shoulder) should be cooked until an internal temperature reaches 190 F. Remember, the key to roasting in an oven or on a grill (barbecuing) is:” LOW & SLOW”! If the heat is too high, the meat will dry out and be tough. You want your prized center of the table meat to me moist and tender.

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Specific Barbecuing Instructions:

This is completely different cooking method from grilling and is similar in some respects to oven roasting. Barbecuing is a low heat, slow roasting method, while grilling is high heat, quick cooking method. Barbecuing can be done in a smoker, barbecue grill or oven, technically. Preheat your smoker to 250-275° F. Place your seasoned meat away from the direct heat source or smoke box. For a barbecue grill or oven, we like to turn on all the gas or get all the coals going, so the grill is hot 400-450° F. Then turn off the gas burners on one side of the grill (or oven down) or move the coals to one side of the grill and place my meat on the grill side with no gas or coals directly under the meat. The



meat will sear rapidly sealing in the juices. Then slow roast the meat until you have reached the desired doneness. Barbecuing is normally reserved for larger tough cuts of meats like: pork ribs, beef brisket, pork shoulder or Boston butt. You could technically barbecue a New York steak or Sirloin Tri-Tip, but you must be careful not to overcook it, if you are looking for a medium rare steak, for example. AT this point you are really grilling, not barbecuing.

Barbecuing is slow, long and easy, to let the meat cook gradually and gently, allowing the fat in the meat to melt and let the meat become tender, as in “fall off the bone” tender. You don’t want your meat to be physically falling off the bone or you have over cooked it. It is a figure of speech. The general rule for long slow barbecuing meat temperatures is that you need to get the meat up to 190°F. for the meat to become tender. Remember, the key to barbecuing is:” LOW & SLOW”! If the heat is too high, the meat will dry out and be tough. You want your prized center of the table meat to be moist and tender.

If you are “barbecuing”, a prime rib, you want to slow roast your meat to an internal temperature of maybe around 125°F for rare and with your carryover cooking it will reach a little over 130°F. When we refer to the long slow cooking methods to tenderize your beef brisket or pork butt, this is different from barbecue roasting a prime rib or steak to a specific temperature.

In the world of barbecuing meat temperatures, we need to tell you about the “stall point” phenomenon, so you won’t get frustrated if you are an avid temperature taker. At about 160°F., the temperature of your barbecuing meat will temporarily stop rising. It is a well-documented fact that the meat temperature will stall around 160°F. For a while before the temperature begins rising again. At this stall point, the internal excess moisture in the meat needs to evaporate enough to have the temperature continue to rise. Depending on the cooking temperature and the size of the piece of meat you are barbecuing, this could take from 15 to 30 minutes to pass the stall point. When the meat reaches the goal temperature of 190 F. remove the meat from the grill/smoker and let it rest, covered with foil for 10 to 15 minutes to allow the moisture in the meat to redistribute evenly throughout the meat.

If you need to hold your barbecued meat past 15 minutes, place it wrapped in foil in a 200 F. oven.

Always slice your meat AGAINST the grain of the muscle fibers. This shortens the muscle strains and helps the meat feel very tender. If you cut your meat with the muscle grain, even tender meat will seem a little tough. Try it for yourself. You will be amazed at the difference in tenderness when the meat is cut and served properly.