

Detailed Instructions for using Grate Grinds Rubs and Seasonings and General Cooking Instructions

General Instructions:

To use the Grate Grind BBQ rubs, evenly spray or rub, a little oil on all sides of your beef, pork, lamb, fish or poultry, now referred to as “*meat*”. Then grind the rub evenly on all sides of your meat, gently pressing it onto the surface. The amount of rub you grind on is up to your flavor preference. The more you grind on the more of a flavor impact the rub will have. The pictures below are samples of how much rub to grind onto your meat, as a general rule. One word of caution, these rubs are self-contained, meaning that they already have salt in them in the proper ratio to the spices and herbs, so don't overdo it with grinding the rubs or add any additional salt.



Figure 1. Whole chicken with Roast Chicken Seasoning.



Figure 2. New York steak with Cowboy Red-Eye Steak Rub



Figure 3. Salmon filets with Cedar Plank Seafood Seasoning



Figure 4. Sirloin Tri-tip with Santa Maria BBQ Rub

After you have rubbed your meat, refrigerate it and allow your rub to rest on the meat for at least 20 minutes or up to twenty-four hours.

If you are looking for a specific temperature of doneness according to your taste and personal preference use this general temperature guide: 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.

Cook any poultry to a minimum internal temperature of 165 F.

Cook fish and pork to a minimum internal temperature of 145 F.

These temperature ranges are all USDA food safe internal cooking temperatures to eliminate any possible food borne pathogens like salmonella or E.coli, as an example. Always buy your meats from a quality reputable stores. Keep all meat under refrigeration as much as possible during preparation. Don't leave any meats out at room temperature for more than 30 minutes, except when you are ready to cook it. Then let it just reach room temperature prior to cooking, but don't let time exceed an hour. Food safe guidelines recommend that any proteins (meats in this case) are not exposed to the "Temperature Danger Zone" (40 F. to 140 F) for more than 4 hours for its *entire* journey to you cooking it. We are informing you of these food safety guidelines, because we want you to have a wonderful flavorful safe food experience, every time.

When grilling or sautéing, please try *not* to flip-flop the meat back and forth. Place it on the grill or pan and let it cook without being disturbed for as long as possible on each side to get that good searing crust to form. When you remove your meats from the grill, oven or pan, there is an activity that takes place called "carryover cooking". Once your food is removed from the heat source, it will continue to cook, as the retained heat in the food continues cooking food for a few more minutes, as the meat cools down. The larger the piece of meat the longer the carryover cooking takes place. Conversely, the smaller your cut of meat is, the shorter the carryover cooking time is, just a few minutes.

In addition, after removing your meat from the heat source, you will need to let it "rest" covered under a foil tent, for 5 to 10 minutes for smaller cuts, 15 to 20 minutes for larger cuts of meat. The internal liquids in the meat are forced to the center by the intense cooking heat and it will take a few minutes for the liquids to redistribute themselves throughout the meat.

For more specific instructions for grilling, oven roasting and barbecuing, please read the "Detailed Instructions for Barbecuing, Grilling and Oven Roasting" document in this Recipe section of the website.