ABOUT THIS GUIDE

At Central Market, we know as well as you do that the best meals start with the finest ingredients. We also believe a market is more than a place to sell goods and services; it is a place to share ideas and knowledge. Our expert Market team, our professional chefs and our Cooking School staff put their heads together to produce this guide to grilling our fine meats, game and poultry. We hope you find it to be a useful tool in your cooking explorations. As you discover great marinades, sauces, techniques and flavors, we encourage you to share your discoveries and ideas with us. Central Market is about sharing the love of good food.
First of all, let’s get this straight:
Grilling is not the same as barbecuing, although the two words are often used interchangeably. In grilling, we’re talking hot, quick, open cooking. Barbecuing is slow, covered cooking.

Barbecuing works best with big cuts of meat—briskets, whole pigs and goats, slabs of ribs. Grilling, as you’ll see, works best with everything.

ABOUT THE GRILL
* Always consult the instructions that come with your particular equipment.
* Clean your grill with a metal brush before and after cooking on it.
* Lightly oil your grill before cooking on it.

THE NECESSARY TOOLS
* Heavy-duty, long-handled, spring-loaded tongs
* Long-handled spatula for flipping burgers
* Long-handled wide spatula for turning fish
* Heat-resistant glove that covers your forearm
* Long-handled brush or mop for applying sauce while cooking
* Metal flue (with wooden handle) for starting charcoal
* Long matches or lighter
* Long-handled wire brush (brass) for cleaning grill
* Skewers (wooden or metal)
* Spray bottle with water to help put down flare-ups

CORRECT TEMPERATURE: Use a grill thermometer or the hand count method—it sounds primitive but it works. Hold your hand at grilling height over the coals. Count the number of seconds you can hold your hand there before the heat forces you to move it.
* Two seconds, hot coals: 400-450 degrees
* Four seconds, medium coals: 350-375 degrees
* Five seconds, low coals: 300-325 degrees

**DRY RUBS** are just that—dry. They can consist of any combination of the following: salt, sugar, garlic powder, onion powder and lemon pepper, along with other spices such as dry mustard, cumin, sage, thyme, allspice, cinnamon, nutmeg and ginger. When applying a rub, add it thoroughly and don’t skimp on the amount. After coating the food, let it absorb the spices anywhere from 30 minutes for fish and shrimp to overnight for large cuts of beef. Large zip-lock bags or oven roasting bags are good for this process.

**PASTES** are dry rubs made into a thick paste using liquid or fat. Some base ingredients are stock, lemon juice, oil, fresh herbs, puréed garlic, onions, anchovies, horseradish or mustard. The paste needs to be thick enough to adhere to the food but thin enough to smear easily.

**MARINADES** are a combination of acid, oil and seasoning. Some marinades tame an undesirable taste, as a buttermilk soak does for wild game or fish. Mostly they are meant to tenderize and to complement a food’s natural flavor. The acid could be vinegar, lemon or other citrus juice, milk, yogurt or wine. The fat is usually oil but could be butter or even bacon drippings. Always prepare a marinade just before you use it and don’t reuse it. If you plan to use a marinade for basting while cooking, first boil the mixture vigorously to kill any harmful bacteria. Always marinate food in a glass, stainless steel or plastic container. You can also use large zip-lock bags or oven bags to marinate foods. Turn the food once or twice during the process to make sure marinade touches all surfaces. Two cups of marinade will flavor about 2 pounds of meat.
PREMIUM CHOICE
ANGUS
ALL NATURAL BEEF

NECK
BLADE
RIB
CHUCK
ARM & SHOULDER
BRISKET
PLATE
FORE SHANK
Here at Central Market, we offer only the finest beef available. Try our Premium Choice Angus beef. Because of its superior marbling, it’s the best-tasting beef you can buy. We offer the finest Choice cuts as well as Prime.
**FILET MIGNON (2 INCHES THICK)**

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush lightly with oil.

*Cooking temperature:* Hot to medium-hot coals

*Cooking instructions:* Place meat on grill 4 inches from coals. Cover grill; turn meat once. Cover loosely with foil and let stand 5-10 minutes before serving.

*Internal temperature when done:* Rare: 140; Medium Rare: 145; Medium: 160; Well Done: 170

**WHOLE TENDERLOIN**

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush lightly with oil.

*Cooking time:* Approximately 12 minutes per pound

*Cooking temperature:* Medium coals

*Cooking instructions:* Turn every 10 minutes. Do not use a fork to turn meat.

*Internal temperature when done:* Rare: 140; Medium Rare: 145; Medium: 160; Well Done: 170

**PORTERHOUSE, SIRLOIN, T-BONE, RIB EYE, NY STRIP**

*(1 1/4 – 1 1/2 INCHES THICK)*

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush lightly with oil. Cut the fat at 1 1/2-inch intervals to prevent curling.
Cooking temperature: Medium coals

Cooking instructions: Place steak on grill about 3 inches from coals. Sear 1 minute, then cover. About halfway through cooking, turn steak over, sear for 1 minute then cover grill again. Do not use a fork to turn meat. Cover loosely with foil and let stand 5 minutes before slicing.

Internal temperature when done: Rare: 140; Medium Rare: 145; Medium: 160; Well Done: 170

FLANK STEAK

Prep: Take meat out of the refrigerator and let it stand, covered, up to one hour, to come to room temperature. Wipe dry of marinade or juice; brush lightly with oil. Slash the meat lightly, across the grain, to improve the texture and tenderness.

Cooking temperature: Medium coals

Cooking instructions: Place steak on grill about 4 inches from coals. Do not use a fork to turn meat. Cover and grill, turning once. Serve rare to medium. Cover loosely with foil and let stand 5 minutes before slicing. To serve, slice thinly against the grain.

Internal temperature when done: Rare: 140; Medium Rare: 145; Medium: 160

VEAL CHOPS (1 1/2 INCHES THICK)

Prep: Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush lightly with oil.

Cooking temperature: Medium coals

Cooking instructions: Place steak on grill about 3 inches from coals and sear on both sides, about 2 minutes a side. Move to a cooler area of the grill and finish cooking. Do not use a fork to turn meat.

Internal temperature when done: Rare: 140; Medium Rare: 145; Medium: 160
HOW TO BUTTERFLY A BIRD

Cut into pieces of approximately the same size before grilling. Or butterfly: Place the bird breast side down.

Use poultry shears or a heavy knife to cut on either side of the backbone, from front to rear. Remove the backbone and lay the chicken flat. Flatten the bird with your hand by pushing down on it; this will crack the breastbone.

Push metal skewers through the bird to keep it flat, one through the thighs, the other through the wings. This will ensure even cooking. You can also wrap a brick in foil and place on top of the bird after it's been placed on the grill.
GRILLING POULTRY

Chicken is extremely versatile and is compatible with most seasoning.
Duck is especially good with fruit and spice.

CHICKEN (2 INCHES THICK)

Prep: Poultry should be removed from the refrigerator about 15 minutes before cooking, and fat should be trimmed to avoid flare-ups.

Cooking temperature: Medium coals

Cooking instructions: Start cooking chicken, skin side down. Grill for about 15 minutes, then turn skin side up and cook for another 10-15 minutes. Baste occasionally.

Internal temperature when done: 160 degrees in the thigh

DUCK

Prep: Rinse, pat dry and marinate or brush with oil.

Cooking time: A 3-5 pound bird should take 1 1/2 hours.

Cooking temperature: Indirect coals. Push the coals to one side and place a drip pan on the other side.

Cooking instructions: Place the trussed duck over the drip pan and cover the grill. Prick the skin of the bird occasionally during the cooking. Let stand 10-15 minutes before carving.

Internal temperature when done: 165 degrees in the thigh

BONELESS CHICKEN BREASTS

Prep: Rinse, pat dry and marinate or brush with oil.

Cooking time: About 15 minutes altogether

Cooking temperature: Hot coals

Cooking instructions: If they have skin, place skin side up on an oiled grill. Baste and turn every 10 minutes to prevent charring.

Internal temperature when done: 160 degrees
Here at Central Market, we offer only the finest cuts of pork. Our pork is bred for exceptional tenderness, moistness and flavor.
GRILLING PORK

Compatible Flavors: Rosemary, thyme, ginger, fresh or dried fruit, garlic, onions, lavender.

CHOPS (3/4-1 INCH THICK)

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush with oil or butter.

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Place chops on a greased grill about 4 inches from coals. Sear on the first side. Cover grill and cook. Then turn and sear the second side. Cover grill and cook until done. Do not use fork to turn meat.

*Internal temperature when done:* 145 degrees

TENDERLOIN (ABOUT 1 POUND)

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush with oil. Coat tenderloin with oil and dust with herbs, spices or seasoning.

*Cooking temperature:* Hot coals

*Cooking instructions:* Sear meat on both sides over the hottest area of the grill about 4 inches from the coals, turning once, about 2 1/2 minutes per side. Move to a cooler area and grill, turning occasionally. Do not use fork to turn meat. Let stand 5 minutes before slicing.

*Internal temperature when done:* 145 degrees

LOIN ROAST (2 1/2-3 POUNDS)

*Prep:* Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush with oil.
Cooking temperature: Medium-hot coals

Cooking instructions: Push all the coals to one side and place a drip pan on the other side. Place on greased grill over the drip pan. Sear on all sides over coals, then place meat over drip pan, remove to cooler part of grill, cover grill and cook about 20 minutes per pound. Do not use fork to turn meat.

Internal temperature when done: 145 to 150 degrees

GLOBAL PORK MARINADE

Mix these ingredients and add choice of other flavorings to suit your menu.

3/4 c. soy sauce
1/4 c. lemon juice
1 tbsp. brown sugar
1 garlic clove, minced

Choose:
* 1 tbsp. chili sauce
* 1 tbsp. grated fresh ginger
* 1 tsp. chili powder
* 1 tsp. rosemary
* 1 tsp. sage
* 1 tsp. curry powder

Substitute orange juice for lemon juice.
Substitute pineapple juice for lemon juice.
NECK
SHOULDER
RIB (RACK)
FORE SHANK
BREAST
Here at Central Market, we offer only the finest domestic lamb available. Our all-natural, free-range lamb is always Choice and is raised without antibiotics or hormones.
GRILLING LAMB

Compatible Seasonings: Mint, rosemary, thyme, garlic. Suggested Sauces: Yogurt, mint, red wine.

LOIN CHOPS (11/2 - 2 INCHES THICK)

Prep: Allow 2 chops per person. Take meat out of the refrigerator and let it stand, covered, up to an hour, to come to room temperature. Wipe dry of marinade or juice; brush with oil.

Cooking temperature: Medium-hot

Cooking instructions: Place on a greased grill 4 inches from coals and grill, turning once. Do not use fork to turn meat.

Internal temperature when done: 140 degrees

BUTTERFLIED LEG (2-3 POUNDS)

Prep: Take meat out of the refrigerator and wipe dry of marinade or juice; brush with oil. Let it stand, covered, up to two hours, to come to room temperature.

Cooking temperature: Medium-hot

Cooking instructions: Grill about 6 inches from coals with lid on, turning once. Do not use fork to turn meat. Let stand 10 minute before slicing.

Internal temperature when done: 125 to 130 degrees for rare

RACK (7-8 RIBS)

Prep: You’ll need 2-3 ribs per person. Bones should be frenched, or scraped by you or your butcher. Cover the exposed bone with foil. Rub the meat lightly with oil and season well.

Cooking temperature: Medium-hot
Cooking instructions: Place the rack, meat side down, on an oiled grill. Grill until bottom is browned, about 6-8 minutes. Turn and grill another 4-5 minutes, moving the rack to avoid flare-ups. Let stand 10 minutes before carving.

Internal temperature when done: 125 to 130 degrees for rare

Kebabs—meat on a stick—are probably the original grilled food. You can use any kind of meat, cut into fairly uniform 1 1/2-inch chunks. Cook different meats and light and dark chicken on separate skewers. Flat skewers hold the meat better than round ones. Cook vegetables on separate skewers and pre-cook hard vegetables like sweet potatoes, carrots and new potatoes. Summer squash, cherry tomatoes, pepper chunks, eggplant, sweet onions and mushrooms are good. Be sure the vegetable kebabs are marinated and well-oiled.
UNCOMMON CONDIMENTS

* Try arugula or watercress instead of lettuce for a peppery snap.
* Top burger with a few slices of hot pastrami instead of bacon.
* Sauté wild mushrooms in butter with thyme for a gourmet burger topper.
* Add some chopped Italian sausage to your burger beef. Top the patty with Mozzarella and marinated artichoke hearts.
* Top your patty with goat cheese and spread your bun with pesto—good with beef or lamb burgers.
* Mix in a minced chipotle pepper with your beef and top the burger with Central Market guacamole.
GRILLING BURGERS & DOGS

BEFF

*Prep:* Make sure patties are at least 1/4 inch thick

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Place patties on greased grill about 4 inches from the coals. Sear for 1 minute, cover. Halfway through cooking, turn, sear for 1 minute, then cover grill and cook until desired doneness. Internal temperature when done: 155 degrees

*Timing:* Rare: 3 minutes per side. Medium-rare: 3 1/2 minutes per side. Medium: 4 minutes per side. Well: 5 minutes per side

BISON

*Prep:* Make sure patties are at least 1/2 inch thick

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Place on greased grill, 4 inches from coals and grill, turning once. Buffalo or bison meat is very lean, so do not cook past medium.

*Timing:* 4 minutes per side

FRESH SAUSAGE

*Prep:* It’s usually best to poach it for about 10 minutes before grilling, being careful not to prick the skin since the drippings can cause flare-ups.

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Place the poached sausage on a greased grill 6 inches from coals. Sear on all sides, then cover and cook slowly, turning often for even browning.

*Timing:* From 7-15 minutes, depending on type of sausage
**PRECOOKED SAUSAGE (HOT DOGS, ETC.)**

*Prep:* Do not prick the sausage

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Place on a greased grill, 6 inches from coals. Sear on all sides, then cover. Cook, turning sausage often for even browning.

*Timing:* 5 - 6 minutes

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**GRILLING VEGETABLES & FRUIT**

*Compatible Flavors:* Rosemary, thyme, ginger, fresh or dried fruit, garlic, onions.

*Prep:* Make sure pieces can not fall through the grill. If you have small pieces, use a grill basket.

* Squash, zucchini, apples, pineapples and pears should be cut into “planks,” 1/2 to 3/4 inches thick.

* Onion can be grilled in slices or whole. Hold onion slices together by sliding a couple of toothpicks into the slice, holding the rings together.

* Brush whole garlic cloves with oil and place on the grill away from the flame. Cover and roast until softened. All vegetables should be well oiled along with the grill.

*Cooking temperature:* Medium-hot coals

*Cooking instructions:* Be sure vegetables and grill are well-oiled

*Timing:* 2-3 minutes per side, or until tender
Make fruit kebabs with fruits cut into similar-size pieces and grouped on bamboo skewers. Brush with melted butter and grill just until hot. Too long and the fruit will fall off. Pineapple chunks are classic, but try strawberries, apple, pear, firm banana and mango. Sprinkle with cinnamon sugar and serve over ice cream and grilled pound or angel food cake.
Central Market Partners are always ready to answer any questions you have about cooking meat, game and poultry. We invite you to stop and say hello next time you're in the store. We also invite you to explore other Central Market Foodie services; sign up for one of our many cooking classes or subscribe to the eFoodie at www.centralmarket.com.