

HOW TO USE AN OUTDOOR GRILL

There is something about cooking outside that captures the spirit of freedom for me. The warm sun and the smell of the food are wonderful. If possible, I'd never cook indoors again.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

With adult supervision, grill two meals on two separate occasions for your family.

LEVEL K

PERIOD 5

TASK 4

And really, outdoor grilling is easy (although you can spend the rest of your life trying to perfect it). One could call it a primeval experience enjoyed by everyone. So, here are some basic tips, whether you are using charcoal or gas.

1. Clean up and preparation. If you're using a gas grill, use a wire brush to clean the metal grate where the food will be cooked. It's easier to do this when the grill is hot, but be careful because a hot grill is also more dangerous. If you're using a charcoal grill, empty the used charcoal and clean out any ash.
2. Pre-heat. Grilling takes a little time—a gas grill will take about 10 minutes to warm up, especially on high. For charcoal grills, light the coals and wait for them to turn white.
3. Start cooking that food. For steaks, it's a good approach to sear them—that is, to cook the outside for around a minute or so per side on the highest heat to lock in the juices—then reduce the heat, probably to a low or a medium-low for the duration. Most other food does well with a lower heat. For a charcoal grill, the temperature is regulated in part by the vents, and in particular, by changing the distance between the food and the hot coals.
4. Flip food periodically. You'll soon learn that your grill has hot and cool areas, and you'll need to cook accordingly.
5. Use an internal thermometer to make sure food is cooked. The rule of thumb is the internal temperature should reach 165 degrees.
6. Remove food and enjoy.



Now you have a lifetime to experiment with meats, veggies, marinades and a plethora of other things.