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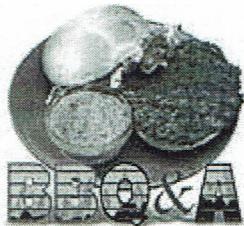
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Chef Tips for Great American Grilling

Know the Grill Drill

By Missy Carducci
Internet Editor

You gotta hand it to those resourceful cavemen. The discovery of fire kicked off more than civilization; it fueled a primordial need to barbecue that echoes through the corridors of time right down to your backyard. As the first grilling season of a whole new millennium fires up, take just a few minutes to update your outdoor cooking skills to avoid some common BBQ pitfalls. We'll help you with easy to do pro tips from meat expert Chef Chris Scott and foolproof foods (i.e. our convenient Ready To Cook marinated meats) that's shave hours off the prep time. We've even got an arsenal of state of the art tools that'll help you in stay in control, without acting like a Neanderthal in the process.



BBQ&A

Check out our quick reference to some of your most nagging grilling questions on food safety, searing, marinades, and more.

Grill Yourself on Safe Cooking Temps. Find out more about why cooking to a specific internal temperature is so important: Cook burgers 160° for burgers and chicken to 165°.

Cut by Cut Heat Levels
How low (or high) do you

Handling the Hot Stuff

For some of us grilling can be a hectic affair of juggling tasks, not the least of which is managing a sometimes raging fire that seems to devour everything in flames before you get a chance to sit down and eat. What's the leading cause of such combustible discombobulation? Chef Chris says the answer to that burning question of probably a lack of organization along with a general dearth of knowledge about the right method of grill cooking.

Indirect Connection

If you're not into all the "TLC" that goes into grilling (you've got to watch it continuously cautions Chris), try cooking with indirect heat,

go with your grill heat?
Consult our handy chart
for the most popular cuts
of meats.



The Heat is On
Did you know that,
technically, "grilling"
differs from
"barbecuing"?

- Grilling is hot and fast over a direct heat, and works best with steaks and thick burgers, like our Ready To Cook Seasoned Burgers. In general, cooking directly over the heat gives you that traditional charred exterior that we love so well.
- Barbecuing involves a low heat to slow-cook food, especially ribs, roasts, and pork for pulled meat (a classic Southern BBQ).

instead. It'll give you more time to cook cuts recommended for barbecuing with less fear of flare-ups.

- **Shut off one side of the grill**, after preheating a bit longer (about 15 minutes). For charcoal grills, make 2 piles of coals on either side with the middle empty.
- **Sear Meat on the Hot Side** first, if you want more of a grilled flavor. Then move it to the indirect side.
- **Keep your lid on** while the food's cooking to maintain proper temperature.

Chris' Hint: use a digital thermometer that stays outside the grill while the probe gives you a constant readout without having to lift the lid and lose heat (which will ultimately save you time).

Are You Ready To Cook the Foolproof Way?

We are. Don't mess around with marinating for hours and hours. (Chris wants you to remember to be safe when grilling by never using the same plate that carried the raw food to hold the cooked food.) Do keep things simple, though, with our Ready To Cook meats, chicken, kabobs, and more from the Meat Department. They're "vacuum tumbled," which means that the marinade penetrates deep into the meat, so even if you overcook it a bit (it happens) the meat will still be incredibly tender and flavorful. Choose from seven varieties, all developed right in our own Meat Department, including:



- Lemon and Garlic
- Honey Mustard
- Italian

Chef Chris' Hot Grilling Tips for Staying Cool Under Fire:

Tip #1: Practice Mise en Place

The pros have a fancy French phrase for staying organized: it's called *mise en place* (which literally means "everything in its place").

Since grilling is no exception to this chef's rule, Chris exhorts you to get all your ingredients present and accounted for before



you press the start button on the grill.

Tip #2: Preheat the Grill

Don't skip this all-important step. For gas grills, Chris recommends setting the heat to high and heating for 5-10 minutes with the lid closed. Charcoal grillers will find out how to get the coals just right in our [BBQ&A](#).



Tip #3: A Clean Grill is a Happy Grill

As the grill begins to preheat, clean the cooking surface with the kind of grill brush recommended by your grill's manufacturer, and let the heat burn off the food residue. Or, you may prefer to get in the habit of scrapping and burning off after you're done cooking.

Tip #4: When in Doubt, Sear

Even if you plan to cook with indirect heat, searing (approximately 2-3 minutes per side) over a high heat first browns the meat and seals in flavor like nothing else can.



Tip #5 Don't Panic

If things get hotter than you like, keep your head and grab a pair of tongs. Move the meat to a cooler spot on the grill, says Chris, and adjust the heat if necessary. Wait for things to die down a bit before returning food to its original position.

Cool Tools

Cooking outside is easier with the right tools for the job, available in the General Merchandise Department:



- Charcoal Companion Barbecue Grilling Grid — non-stick black porcelain grate helps keep food out of the flames while letting grilled flavor through.
- Sure Grip Digital Instant Read Fork/Termometer — the easy, accurate way to check for proper temperature; simply insert fork tines into food for 5-10 seconds.



Pro Chef Tools — fork, tongs, spatula, and basting brush made with 12-inch wooden handles and stainless steel for safety and durability.



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