

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Grilling Tips

BY CHEF MARTY SLAVIN

For All Meats

Take meat out of refrigerator approximately 30–45 minutes before grilling. Pat dry, These two steps will ensure better caramelization of product.

Chicken Breasts

Pre-heat grill to medium-high. Brush off grates. Salt and pepper chicken. Cover lightly with oil or canola oil. This is to prevent product from sticking to grill. **Cook to side down** until you get good grill marks. Turn 90 degrees and set to complete diamond grill marks. Turn over and cook until interior temperature of the chicken reaches 150°F. Let chicken rest for five minutes.

Pork Chops

Preheat grill to medium-high and brush off grates. Salt and pepper, or **rub in rub if that is what you are using a rub**. Follow instructions from above. Pork's ideal internal temperature for ultimate flavor is 145–150°F. Well done pork is dry, flaking and not very **tasty**. **is** practically unheard of in the past 50 years. 150°F will adequately prevent trichinosis.

Steak or Beef

Preheat grill to high and clean grill grates. Salt and pepper meat **and them spread** or spray olive or canola oil on product to prevent sticking. When grill is hot, place meat at 45-degree angle on grill. When good marks are obtained, turn product 90 degrees to complete diamond marks. Turn over and cook meat to 115–120°F for medium rare, 125–130°F for medium. Let meat rest for at least 10 minutes before serving. If using a slicing cut like flank or flat iron, slice thinly across the grain and serve immediately.