



GRILLING GUIDE

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BEEF (*Includes 10 min. sear to all sides on direct med. heat)

	Size	Cook Time	Method
Kabob	1-1.5" cubes	4-6 min.	Direct High Heat
Tenderloin, whole	3.5-4lbs	*35-45 min.	Med. Indirect Heat
Ground Beef Patty	.75" thick	8-10 min.	Direct High Heat
Prime Rib, Boneless	5-6lbs	*1.25-1.75 hrs	Indirect Med. Heat
Prime Rib, Bone in	8lbs	*2.5-3 hours	Low Indirect Heat
Strip Loin Roast, Boneless	4-5lbs	*50-60 min.	Med. Indirect Heat
Tri-Tip Roast	2-2.5lbs	*30-40 min.	Med. Indirect Heat

PORK

	Size	Cook Time	Method
Bratwurst, fresh		20-25min.	Direct Med. Heat
Bratwurst, pre-cooked		10-12min.	Direct Med. Heat
Pork chop, boneless/bone-in	.5" thick	5-7min.	Direct High Heat
	1" thick	8-10min.	Direct Med. Heat
Tenderloin	1lb	15-20min.	Direct Med. Heat
Loin Roast, boneless	2.5lbs	40-50min.	Direct Med. Heat
Loin Roast, bone-in	3-5lbs	75-105min.	Indirect Med. Heat
Pork Shoulder (Boston Butt)	5-6lbs	5-7hrs	indirect Low Heat
Pork, ground	.5" thick	8-10min.	Direct Med. Heat
Ribs, baby back	1.5-2lbs	3-4hrs	Indirect Low Heat
Ribs, spareribs	2.5-3.5lbs	3-4hrs	indirect Low Heat

POULTRY

	Size	Cook Time	Method
Chicken Breast, boneless, skinless	4-8oz	8-12min.	Direct Med. Heat
Chicken Thighs, boneless, skinless	4oz	8-10min.	Direct Med. Heat
Chicken bone-in Leg/Thigh Pieces		30-40min.	Indirect Med. Heat
Chicken Wing	2-3oz	18-20min.	Direct Med. Heat
Chicken, Whole	3.5-4.5lbs	1-1.5hrs	Indirect Med. Heat
Cornish Game Hen	1.5-2lbs	50-60min.	Indirect High Heat
Turkey Breast, boneless	2.5lbs	1-1.25hrs	Indirect Med Heat
Turkey, Whole, Unstuffed	10-12lbs	2.5-3.5hrs	Indirect Low Heat
	13-15lbs	3.5-4.5hrs	Indirect Low Heat

FRUIT & VEGETABLE

	Size	Cook Time	Method
Peach/Nectarine	Halved lengthwise, pit removed	8-10min.	Direct med. heat
Pineapple, peeled/cored	0.5" slice or 1" wedges	5-10min.	Direct med. heat
Asparagus	0.5" diameter	4-6min.	Direct med. heat
Bell Pepper	Whole	10-15min.	Direct med. heat
Bell/Chile Pepper	Whole	6-8min.	Direct med. heat
Corn, husked	0.25" slices	10-15min.	Direct med. heat
Corn, in husk		25-30min.	Direct med. heat
Onion	Halved	35-40min.	Indirect med. heat
	0.25" slices	8-12min.	Direct med. heat
	Whole	45-60min.	Indirect med. heat
	0.5" Slices	14-16min.	Direct med. heat

Potato

	Size	Cook Time	Method
	0.25-0.5"	3-5min.	Direct High Heat
	0.5-1"	5-10min.	Direct High Heat
	1-1.25"	10-12min.	Direct High Heat
	1lb	15-20min.	Indirect Med. Heat
	2-2.5lbs	20-30min.	Indirect Med. Heat
	3lbs	30-45min.	Indirect Med. Heat
	1.5oz	2-4min.	Direct High Heat
	1.5oz	4-6min.	Direct High Heat
		7-11min.	Direct Med. Heat

SEAFOOD

	Size	Cook Time	Method
Fish Filet/Steak (Halibut, Red Snapper, Salmon, Sea Bass, Swordfish, & Tuna)	0.25-0.5"	3-5min.	Direct High Heat
	0.5-1"	5-10min.	Direct High Heat
	1-1.25"	10-12min.	Direct High Heat
	1lb	15-20min.	Indirect Med. Heat
	2-2.5lbs	20-30min.	Indirect Med. Heat
	3lbs	30-45min.	Indirect Med. Heat
	1.5oz	2-4min.	Direct High Heat
	1.5oz	4-6min.	Direct High Heat
		7-11min.	Direct Med. Heat

Shrimp

	Size	Cook Time	Method
	1.5oz	2-4min.	Direct High Heat
	1.5oz	4-6min.	Direct High Heat
		7-11min.	Direct Med. Heat

Scallop

	Size	Cook Time	Method
	1.5oz	2-4min.	Direct High Heat
	1.5oz	4-6min.	Direct High Heat
		7-11min.	Direct Med. Heat

Lobster Tail

	Size	Cook Time	Method
	1.5oz	2-4min.	Direct High Heat
	1.5oz	4-6min.	Direct High Heat
		7-11min.	Direct Med. Heat

TARGET INTERNAL TEMPERATURE (*Chef's Choice)

Beef & Steak		
Rare	120-130F	
Med. Rare*	130-135F	
Medium	135-145F	
Medium Well	145-155F	
Well	155F Plus	
Beef, incl. brisket	USDA 145F	
Uncooked: Burgers, Ground meat, Sausages, etc.		
Except Chicken & Turkey	USDA 160F	
Chicken, Turkey	USDA 165F	
Pork, Veal, Lamb, Venison, Fresh Ham		
Larger cuts: Tenderloin, Steaks, chops, roasts, etc.	USDA 145F	
Pork Shoulder, Ribs	190-205F*	USDA 145F
Ground meat	USDA 160F	
Fish	USDA 145F	
Medium*	130-145F	
Pre-Cooked Hams, Hot Dogs, Sausages	USDA 140F	
Carreroles & Leftovers	USDA 165F	

Rubs:

- #17722 Mojito Lime Dry Rub/spice
- #17895 Brown Sugar Maple Dry Rub/spice
- #17827 Jamaican Jerk Dry Rub/spice
- #17476 Citrus Mojo Wet Sauce
- #16896 Sweet & Spicy Wet Sauce



BUTCHER'S NOTE

Steak cut from the triangle-shaped muscle that caps or covers the Top Sirloin.

COULOTTE STEAK | LEAN

Also Known As: Beef Loin, Top Sirloin Cap Steak, Boneless (IM); Culotte Steak; Top Sirloin Cap Steak; Top Sirloin Cap, Boneless

With plenty of marbling, this is a juicy and savory steak. Easy to prepare on the grill.

WHERE THIS CUT COMES FROM:



SIRLOIN PRIMAL | PRIMAL CUT

The Sirloin is home to popular fabricated cuts but is first separated into the Top Sirloin Butt and Bottom Sirloin Butt. In the Top Sirloin you'll find steaks great for grilling, while the Bottom Sirloin provides cuts like Tri-Tip and Sirloin Bavette, which are good for roasting or grilling.

NO. 10 ATLANTIC FOOD DISTRIBUTORS GRILLED SMOKED BBQ

THE CHAR

HOT DOGS

2019 Grilling Trends

BUTCHER'S NOTE

Rubs

GRILLING GUIDE



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2019 Grilling Trends



#1 Brisket where you least expect it: Brisket's fame has spread...we have become a nation of brisket addicts! Brisket has truly become an AMERICAN BBQ specialty, no longer determined by geography or tradition.



#2 Grills go green: Celery root "schwarmas", Vegan Philly "cheesesteak", meatless grilling got street cred. This is not just at vegetarian or vegan restaurants. Let's not forget the "Impossible Burger"...a meatless burger that went mainstreet big time in 2018.



#3 Wood Grilling comes home: When it comes to smoke flavor, you can't beat a steak, seafood, or vegetables seared over a crackling smoky wood fire. No you can also wood grill at home.



#4 New rubs from around Planet BBQ:

Forget classic American BBQ rubs or herbs from Provence. This year we'll be grilling with exotic rubs from across Africa and the Far East. Ex. Togarashi (Japanese) and Ras al hanout from Morocco.



#5 Brisket in a hurry: Freeze a whole raw brisket then slice it paper thin on an electric meat slicer. Then places slices on a screaming HOT table grill and cook 1 min per side. Result...incredibly rich beefy flavor of brisket with instant gratification.



#6 Brisket for breakfast? Brisket breakfast sandwich, brisket over salad, brisket kettle corn popcorn. Dessert....oh yes, brisket chocolate chip cookies. Once reserved for lunch or dinner, we now eat brisket 24/7!



#7 Sriracha is the new ketchup. Gochujang is the new chili sauce: In our quest for BIG flavors, American grillers have embraced two traditional Asian condiments: sriracha and gochujang. Gochujang is a fermented Korean chili paste made with chili powder, glutenouse rice, soy beans , and salt. Great on tacos and brisket.



#8 Mushrooms hit the grill: Maybe it is the rise of mycotherapy (curing illnesses from the common cold to cancer with the healthful compounds found in mushrooms). Or maybe it is the exotic mushrooms being grown. In any case, mushrooms are having a field day on grills and in smokers. Using mushrooms as a Vegan Philadelphia cheesesteak.



#9 Burgers and Steaks: The plant food movement has more and more of us incorporating more plant-based foods into our diets and grilling. The Impossible Burger is now served at 1,300 restaurants across the U.S. Uses modified yeast, wheat and potato protein, and coconut oil. Now a vegan "steak" made from wheat, corn, rice, peas, soybeans, and a natural red food coloring from vegetables.

#10 Hot Pepper Dips: Butter, vinegar, lard, and cayenne pepper– makes a fabulous finishing sauce!! Use on pork, grilled chicken, shrimp, cauliflower, and even steak!



Teach a (HoT) Dog a new trick!

Americans will eat nearly 150 million hot dogs while celebrating the 4th of July holiday according to the National Hot Dog and Sausage Council. Here is a cool as all get out hotdog...use a clever trick called "hedgehogging" in which you score the surface of the hotdogs in a crosshatch patter. The edges puff and char during grilling, giving you an exceptionally crusty exterior and attracting even more wood smoke flavor. Tip o'the hat to Russ Faulk to f Kalamazoo Outdoor Gourmet for this singular scoring technique and the idea of grilling the hotdog buns with mayonnaise and remoulade sauce...calling them now a "Po Dog".

Hedgehog Hot Dogs

Active Prep: 15 min prep

Grill time: 8 to 10 minutes

Yield: Makes 8

Method: Direct Grilling

Equipment: Grilled over charcoal, wood, or gas

Ingredients:

8 best-quality all-beef hot dogs

8 bakery-fresh hot dogs rolls (brioche rolls)

6 TBS mayonnaise (Hellman's)

Vegetable oil for oiling the grill grate

Creole Mustard Sauce

Baby Rocket (arugula or other micro greens)

2 Red ripe tomatoes or 1 pint cherry

tomatoes thinly sliced

- Using a paring knife, make a series of crosshatch cuts on the surface of each hot dog, about 1/8 inch deep and 1/4 inch apart, on all sides. (This will expose more of the hot dog to the direct heat of the grill.)
- Slather the cut insides of the rolls with mayonnaise
- Set up your grill for direct grilling and heat to high. Brush or scrape the grill grate clean and oil it well. Arrange the hot dogs on the grate. Grill until the exterior is sizzling, crisp, and browned, about 2 minutes per side, 6 to 8 minutes in all. While you're at it, grill the mayonnaise-slathered rolls until toasted, 1 minute per side.
- Slather the rolls with Creole Mustard Sauce. Add the hot dogs, baby arugula, and tomato slices, and any other condiment you may fancy...this will be the BEST hot dog you've ever tasted.

.....desserts and fruits to

dessert rub recipe

Makes 1 cup

1 cup turbinado sugar, (Sugar in the Raw)

2 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. ground allspice

1/4 tsp. ground cloves

Place the sugar in the bowl and whisk in the cinnamon, Nutmeg, allspice, and cloves.

Transfer to jar, cover, and store away from heat and light.

*Brush any sliced juicy fruit with melted butter or coconut milk, then crust it generously with Dessert Rub. Grill over hot fire.

1. Pumpkin Pie
2. Stuffed Pears
3. Smoked Ice Cream
4. Smoked Whipped Cream
5. Smoked Chocolate Bread Pudding
6. Smore's
7. Cedar Planked Chocolate Brownie
8. Burnt Oranges w/Rosemary
9. Bananas Foster
10. Chocolate Brownie Smoes
11. Bacon Sundaes
12. Grilled Pound Cake w/berry salsa
13. Spice-grilled pineapple
14. Mango Macadamia Crisp
15. Cherry Salsa
16. Grilled Watermelon