

# Grilling 101 Toolkit



# TABLE OF CONTENTS

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---

03 Overview Program

---

04 Tools

---

05 Procedure

---

13 Opportunities

---

## Program Overview



Grilling 101 is a hands-on, interactive program designed to teach participants the fundamentals of outdoor cooking with charcoal grills. Whether you're brand new to grilling or looking to sharpen your skills, this session provides the tools, techniques, and confidence to prepare the perfect steak every time.

## Overarching Goals

- Promote Beef Advocacy Through Hands-On Education
- Build Confidence and Leadership Around the Grill
- Strengthen Community and Consumer Connections

# Tools & Supplies

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- Charcoal grill
- Charcoal - instant Light - 8 lb bags
- Chimney starter
- Metal bristle grill brush
- Lighters - (long reach, 1 per grill)
- Table - demonstration
- Steak toy - (rubber dog toy)
- Metal tongs - (1 per grill)
- Pam (grilling spray) - (1 per grill)
- Aluminum foil
- Onion holder grill cleaner (Amazon)
- Fire extinguisher
- Cutting board
- Knife - (to slice onions)
- Onions (1 per grill)
- Paper plates
- Paper towels
- Trash bags
- Latex free gloves
- Seasonings
  - Salt
  - Pepper
  - Steak seasonings - a couple different brands
- Olive oil
- Aprons
- Meat thermometer

# Procedure

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## Part 1 - Preparing the Grills

- Set up each grill with a bag of charcoal (little bag or larger bag for two grills to share, 8-12lbs).
  - A can of grilling spray (Pam).
  - A lighter.
  - Tongs.
- Set up a demonstration grill.
- Set up a table next to the demonstration grill.
  - Table will need a Chimney, Onion holders, Foil balls (create a foil ball for each grill), and half an onion for each grill (cut onions straight in half).
- Group will start around the demonstration grill.
- First Question.
  - Ask the group if they grill? Do they use a charcoal grill or gas grill?

- Discuss gas grill shortly.
  - When using any grill - check to make sure nothing is left on the grill from previous use - (lift the lid and show the steak toy on the grill).
- Next Question.
  - How do you turn the gas grill off?
    - Wait for answers.
    - Correct answer - always turn the gas off at the propane bottle.
      - You do this so that the gas in the line will burn out. There may be little eyes watching, and this helps protect them from potentially getting burned.
- Next Question.
  - For those of you who use a charcoal grill, what kind of charcoal do you use?
    - Wait for answer.
    - Today we are using instant light.
      - This is so that we do not have to use lighter fluid. Why would we not want to use lighter fluid?
      - Example - You have a guest over who has never eaten beef before. You decide to cook steaks and you spray your grill and grate with lighter fluid. You then add your steak on. When they eat the steak, they have a terrible eating experience because it tastes like lighter fluid. Do you think they will want to eat beef again?

- Next Question.
  - When placing the charcoal into the grill, how do you do it? Do you throw it in? Do you use a chimney? (hold up chimney) Do you use the pyramid method? (make a pyramid shape with your arms).
    - Wait for answer.
    - Today we are using the 8 X 8 method.
      - This is going to be a flat line of charcoal in the bottom of the grill - (Show them the demonstration grill, set this up before demonstration).
      - If you buy the smaller bags of charcoal, you can bump the whole bag in and just make a flat layer across the bottom of the grill.
- Next Question.
  - Why do we want to use this method?
    - Wait for answer.
    - This enables us to have an even heat source.
    - The chimney will give us different hot spots when we dump the charcoal in the grill, same as using the pyramid method.
    - We want to have an even heat source, to cook our beef evenly.



- Next step is for them to break up into groups of 3 or 4.
- They are going to pour their charcoal in the grill and start the grill.
- After the charcoal is put in the grill, they are going to place the grate back on the top.
- Once the grate is on top, they are going to light each corner.
- Ideally the charcoal will catch and light.
- If the charcoal has trouble lighting, you can put paper towels under the charcoal and light the paper towel.
- Tip - when buying charcoal, make sure there are no holes in the bag. If a bag has been opened, it will not light and may require help (lighting paper towels underneath the charcoal).
- After their grills are lit, the groups will come back together to the demonstration table.



## Part 2 - Cooking the Steaks

- First question - What is the next step?
  - Wait for answers.
  - We are going to clean the grill.
- Next question - How do you clean your grills?
  - Wait for answers.
  - Pick up the cleaning brush and show the metal bristles - it is recommended that these brushes are not used - Why?
    - If these brushes are used a lot the bristles have a tendency to break off and get stuck on the grill. If they were to get stuck in your meat, potential to cause serious internal issues.
  - We also recommend using foil and onions.
    - Pick up foil ball (with hand)- once the fire has died down, you can run the foil over the top of the grate - demonstrate.
    - Next you place the half of onion on your onion holder and pick up the rest of the particles with the onion off the grill.
    - Tip - people often cut off the used part and cook the rest on the grill.
    - Tip - you can buy onion holders on Amazon.
  - Final Step - Spraying the grate.
    - Use your tongs and stick them through the second/third line in the grate.
    - Take the grate and move away from the grill, preferably grass ( can get slippery if sprayed on concrete).
    - Spray the grate.
    - Place the grate back on the grill.

- Next question - Are we ready to cook the steak?
  - Wait for answers.
  - No, not yet! We have to make sure the temperature is right before we can cook.
- Next question - What is the correct temperature to cook your steak at?
  - Wait for answers.
  - 400 degrees.
- Next question - How do you know what temperature your grill is at?
  - Wait for answers.
  - On the gas grill, you can look at the temperature gauge - a note on this - the thermometer is located at the top of the grill. Remember that it will be hotter at the heat source.
  - Today we will use the 4 x 4 method.
    - If you can put your hand 4 inches above the heat source for 4 seconds, then your grill is roughly 400 degrees.
    - If you can hold your hand there for 10 seconds, then you maybe had too many glasses of wine! (Edit depending on group).
    - May have to use the chimney in this situation.
    - If you can only hold your hand there for 2 seconds, let it burn down some more.





- Next we have to season our steaks.
  - This will vary depending on what seasonings you are using.
  - Products used previously - salt, pepper, McCormick's, etc.
- Discuss cut of steak you are grilling.
  - Historically have used Flat Iron - second most tender cut.
  - Roughly  $\frac{1}{3}$  of the price of a tenderloin.
  - Comes from the shoulder, the top blade.
- Next Question - How many times do we flip our steak?
  - Wait for answers.
  - Once.
- Next Question - How do we know when to flip it?
  - When your steak starts pooling, you may see a reddish liquid collecting on the surface.
  - It might look like blood, but it's not – it's mostly water mixed with a protein called myoglobin
  - Beef is roughly 70–75% water, and as it cooks, the muscle fibers contract and push that moisture toward the surface.

- When you notice a glistening or pooling effect, you can then flip your steak.
- When it starts pooling on the other side - then you know it is time to check your temperature.
- Next question - How do we like our steaks cooked?
- Next question - What temperature is medium rare?
  - 145.
  - You are going to show them how to use the tongs to pick up the steak and put the thermometer in the side of the steak. Make sure to keep the steak over the grill.
  - Once the thermometer reaches 138-140, pull the steak off as it will continue to cook while you are getting your sides.
  - If participants want their steaks cooked longer than medium rare, tell them to pull them off roughly 5 degrees before desire temperature.

## Part 3 - Final Steps

- At this point, the groups will go back to their grills.
- Half of the group will go season their steaks.
- The other half of the group will clean the grills.
- Once the grills are cleaned and the temperature is accurate - let the cooking begin!
  - At this point, you will have to assist in checking grills, helping flip steaks, and temping steaks.
- Once everyone has grilled their steaks.
  - Let the grills cool down.
  - If nowhere to dump ashes, either combine all the ashes in one grill or a bucket.

# Opportunities

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- Check with State Beef Councils for thermometers and aprons
- Check with local grocery store or local producers for steaks.
- Check with local store for grills.

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