

# Backyard Grilling

KALLIE'S FAVOURITE FINDS

## 3 Ingredient Marinades

Marinades tenderize and add flavor to grilled meats.



- Pineapple Juice + Soy Sauce + Garlic
- Soy Sauce + Fresh Ginger + Honey
- Orange Juice + Garlic + Fresh Ginger
- Plain Yogurt + Citrus Zest + Garlic
- Buttermilk + Mustard + Honey

## Dessert On The Grill

Grilling isn't just for the main course! Grill halved peaches and plums and large pieces of pineapple for 10 to 15 minutes, sprinkle with cinnamon, chop and serve over ice cream.



## Are Your Beef Steaks Done?

A meat thermometer inserted into a cut of meat can help you determine doneness. Meat continues to cook when removed from heat, so remove your steaks and burgers when they are within 10 degrees of the desired temperature.

| Well Done | Medium Well | Medium   | Medium Rare | Rare     | Raw    |
|-----------|-------------|----------|-------------|----------|--------|
| 170F/74C  | 155F/68C    | 145F/63C | 135F/57C    | 125F/52C | 40F/7C |

Let it rest: Cutting into meat as soon as it leaves the grill will drain all its juices, leaving it dry. Instead, wrap it in foil to keep warm and allow it to rest for 5 minutes before serving.

### GRATE-FUL

Cut an onion in half, rub along the top of your grate and the meat will not stick nearly as much. Then use the other half to scrub the food remnants off when you are done grilling. As a bonus it will also add flavour to the meat.

### FISHY FIX

Keep fish from flaking by cooking it on a bed of sliced lemons. The citrus oil boosts flavour and protects the grill.

### SWEET!

The sugars in BBQ sauce burn quickly at high heats. Wait 5-10 minutes before your meat is done cooking before adding BBQ sauce.

### KETCHUP #

If you're cooking burgers to order, write the order in ketchup on one side of a bun so the cook knows where to put each burger. Keep the writing facing up when you hand out the plates so folks get the right patties.

### FIRE AND ICE

Put an ice cube on your burger for juicier patties.

# Dry Rub Marinades

All recipes make about a cup of Rub. All spices are dry unless otherwise noted.

## Fairy Dust Rub

(Best For: Beef, Pork, Poultry)

1/4 cup Paprika      2 tbsp Mustard Powder  
2 tbsp Sea Salt      2 tbsp Cayenne Pepper  
2 tbsp Sugar          1 tbsp Garlic Powder  
2 tbsp Cumin

## All-Purpose Roasting Rub (Best For: Poultry)

6 tbsp Sea Salt          2 tbsp Brown Sugar  
2 tbsp Smoked Paprika      1 tbsp Thyme  
2 tbsp Onion Powder      1 tbsp Mustard Powder  
2 tbsp Garlic Powder      1 tbsp Black Pepper  
2 tbsp Italian Seasoning

## Montreal Seasoning Rub

(Best For: Beef, Pork. Also great on french fries!)

1/2 cup Salt              1 tbsp Rosemary  
2 tbsp Black Pepper      1 tbsp Fennel Seeds  
1 tbsp Crushed Red Pepper      2 tsp Onion Powder  
1 tbsp Thyme              3/4 tsp Garlic Powder

## Sweet Carolina BBQ Rub

(Best For: Beef, Pork)

2 tbsp Black Pepper      2 tsp Onion Powder  
2 tbsp Garlic Powder      1/4 cup Paprika  
1 tbsp Cayenne Pepper      2 tbsp Cumin  
3 tbsp Brown Sugar

## Smoky Texas Rub (Best For: Beef, Pork)

6 tbsp Smoked Paprika      1 tbsp Onion Powder  
3 1/2 tbsp Brown Sugar      4 tsp Oregano  
1 tbsp Garlic Powder      4 tsp Salt

## Santa Fe Seasoning Recipe (Best For: Beef, Pork, Poultry)

1/4 cup Cumin              2 1/2 tbsp Thyme  
3 tbsp Ground Coriander      3/4 tsp Cloves  
3 tbsp Chili Powder      3/4 tsp Allspice  
2 1/2 tbsp Oregano      3/4 tsp Cinnamon

## Ancho Dry Rub Recipe (Best For: Poultry, Seafood)

3/4 cup Ancho Chili Powder      4 tsp Brown Sugar  
4 tsp Cumin                  2 tsp Black Pepper  
4 tsp Kosher Salt