



THE OLIVE AND THE GRAPE

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Grilling Demo 2011

TIMING & TEMPERATURES

CUT	THICKNESS/WT.	DONENESS	DIRECT GRILLING TIME	INDIRECT GRILLING TIME
Boneless Steak (Beef)	1" thick	160 degrees Medium	12-14 minutes	18 – 22 minutes
Rib Eye, Strip	1" thick	"	"	"
Bone in Steak	1" thick	"	13-16 minutes	18-24 minutes
Flank Steak	1 ¼ to 2 pounds	"	15-20 minutes	23-28 minutes
Lamb Chop	1" thick	"	15-17 minutes	18-20 minutes
Bone in Chop (pork)	1 ¼ to 1 ½" thick	160 degrees	16-20 minutes	35-40 minutes
Boneless Chop	1 ¼ to 1 ½ " thick	160 degrees	14-18 minutes	30-35 minutes
Tenderloin (Pork)	¾ - 1 pound	160 degrees		30-35 minutes
Boneless, skinless Chicken Breast	4-5 oz	170 degrees	12-15 minutes	15-18 minutes
Fish fillets/steaks	½ - 1" thick	Flakes when tested with fork	4-6 minutes per ½" of thickness	7-9 minutes per ½" of thickness
Shrimp	Large size	Opaque	7-9 minutes	9-11 minutes

Safety First-Tips for Gas Grillers

by Jennifer Armentrout

Gas grills have made it so effortless to fire up the grill that it's sometimes easy to forget to handle the propane tank with care. To keep the grill action safe and fun this season, here are a few tips from the Propane Education & Research Council*:

1. Always follow the grill manufacturer's instructions on lighting the grill and make sure the grill top is open. If a match or lighter is needed to light the grill, turn the gas on only after the lit match is inserted into the proper hole.
2. Before lighting a propane gas grill for the first time or after it's been stored for the winter, use a leak-detection solution to check connections for tightness (check your owner's manual for details). Don't use matches or lighters to check for leaks.
3. If you suspect a gas leak, call the fire department immediately.
4. Never pour an accelerant such as lighter fluid or gasoline on the grill.
5. Don't allow children to play with the cylinder or the grill.
6. Don't smoke while handling a propane cylinder.
7. When the cylinder is refilled, have the supplier check for dents, damage, rust, and leaks.
8. After filling or exchanging a cylinder, take it home immediately. Keep the vehicle ventilated and the cylinder valve closed and capped.
9. Always use or store cylinders outdoors in an upright (vertical) position. Don't use, store, or transport cylinders near high temperatures (this includes storing spare cylinders near the grill).
10. When not in use, grill burner controls should be turned off and the cylinder valve closed.

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*The Propane Education & Research Council promotes the safe, efficient use of odorized propane gas as a preferred energy source through investments in research, safety, and consumer initiatives. The Council was authorized by the U.S. Congress with the passage of the Propane Education and Research Act (PERA), October 11, 1996

More Consumer Safety Information can be obtained through www.propanecouncil.org