READY, SET, GRILL! This primer covers everything from hot dogs to cherry tomatoes. As for seasoning, most foods will taste great if you just add a little salt, pepper, and olive oil beforehand. If you want even more flavor, try a rub or a marinade. (If delicious options at realmeals.com/grilling.)

**BEEF**

beef ribs
Mean: Direct uncovered, high. **Note:** Due to the risk of burning cabbage, please keep the ribs out of the direct heat. See page 81 for a basting technique.

hot dogs
Mean: Direct uncovered, medium-high. 20 min per side, turning occasionally.

steaks, ¾ to 1 inch thick (such as sirloin and boneless top sirloin)
Mean: Direct uncovered, medium-high. 20 min per side, turning occasionally. See page 81 for a basting technique.

steaks, 1 to 1 ½ inch thick
Mean: Direct uncovered, medium-high. 15 min per side, turning halfway through.

steaks, 1 ½ to 2 inches thick
Mean: Direct uncovered, medium-high. 10 min per side, turning halfway through. See page 81 for a basting technique.

**FRUIT**

grilling
Mean: Direct uncovered, medium-high. 5 min per side, turning occasionally.

pineapple
Mean: Direct uncovered, medium-high. 5 min per side, turning occasionally.

**POULTRY**

chicken legs, boneless, 3 to 7 pounds
Mean: Direct uncovered, medium-high. 30 min per side, turning occasionally. See page 34 for a basting technique.

sausage links
Mean: Direct uncovered, medium-high. 15 min per side, turning occasionally. See page 34 for a basting technique.

**TEMPERATURE**

HOW TO TASTE THE TEMPERATURE

Temperature 100°F
Temperature 120°F
Temperature 140°F
Temperature 160°F
Temperature 180°F

**TEMPERATURE**

Meat

Temperature 100°F
Temperature 120°F
Temperature 140°F
Temperature 160°F
Temperature 180°F

**HAND CHECK**

1 st check
2 nd check
3 rd check
4 th check
5 th check

**NOTE:** The technique for checking the internal temperature of meats is to use a food thermometer, or to insert a meat thermometer into the thickest part of the meat. The meat should reach the temperature listed in the chart below for safe cooking. It is also important to remember to wash your hands after handling raw meat and to use separate cutting boards for raw and cooked meats. Additionally, it is important to refrigerate cooked meats within two hours of cooking and to store them at a temperature of 40°F or lower. The chart below provides a guide for safe cooking temperatures for various meats and poultry. Please refer to this chart when cooking meats and poultry to ensure safe and healthy consumption.

**VEGETABLES**

asparagus
Mean: Direct uncovered, medium-high. 15 min per side, turning occasionally.

broccoli
Mean: Direct uncovered, medium-high. 15 min per side, turning occasionally.

cauliflower
Mean: Direct uncovered, medium-high. 15 min per side, turning occasionally.

**SAFETY**

Be warned: Grilling is hot! The risk of burn is significant. Use care when handling hot grills. Be sure to keep children and pets away from the grill when it is in use. Use a heat-resistant glove to handle the grill and its components. Always wear oven mitts when handling hot grills. Keep a fire extinguisher nearby in case of a fire. Be sure to keep the grill clean and in good working order. If you notice any issues with the grill, such as rust or damaged parts, it is important to get it fixed or replaced before using it again. Always check the gas lines and connections regularly to ensure proper gas flow. If you notice any leaks or hissing sounds, turn off the grill immediately and call a professional for repair.