

CFAES

EST. 1870

THE OHIO STATE UNIVERSITY **LIFE**

Let's Grill

Presented by
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O THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURE,
AND ENVIRONMENTAL SCIENCES

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Learning Objectives

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- Getting to know your grill
- How to clean and Prep Your grill
- Grilling Techniques and terminology

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Getting Started

- Get to know your grill
 - Gas
 - Charcoal
 - Infrared
- Making sure your grill is clean
 - Grill brush
 - Flame-retardant mitten
 - Well-ventilated
 - Yearly Maintenance

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What Tools do you need

- Grill Tongs
- Grill Spatula & Fork
- Marinade Brush
- Cooking Spray
- Foil
- Meat Thermometer
- Skewers

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Cooking Food Safely



Get Ready to Grill Safely

Separate

Clean

Cook

Don't cross-contaminate

Refrigerate

www.ohio.gov/foodsafety

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What to Cook?

- Protein
- Vegetables
- Using a marinades and/or seasonings
- Fruit



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Shrimp with veggies



- Frozen shrimp
- Veggies
- Marinade
 - 2 TBS Olive Oil
 - 4 TBS Balsamic Vinegar
 - 2 tsp Garlic Powder
 - 2 tsp Dried Basil (optional)
 - ½ tsp Salt
 - ½ tsp Pepper

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References

- [Health.gov/dietaryguidelines/2015/guidelines](https://health.gov/dietaryguidelines/2015/guidelines)
- [Choosemyplate.gov](https://choosemyplate.gov)
- <https://www.cdc.gov/foodsafety/communication/ebq-lq.html>

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Recipe



Prep Time:	5 min
Cook Time:	12 min
Serving Size:	1 Cup

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Washington C.H, Oh 43160

92 Calories
Protein 2 g, Carbohydrate 10 g,
Dietary Fiber 3g, Total Fat 5g,
Saturated Fat 1g, Sodium 401mg

This recipe provided by the OSU Extension Fayette County

Balsamic Marinade



- 2 TBS Olive Oil
- 4 TBS Balsamic Vinegar
- 2 tsp Garlic Powder
- 2 tsp Dried Basil (optional)
- ½ tsp Salt
- ½ tsp Pepper

1. Wisk all ingredients in a bowl.
2. Use to marinade or dressing after cooking.



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JUST A PINCH
Recipes

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BURGERS



TIME

INTERNAL TEMPERATURE

	TIME	INTERNAL TEMPERATURE
RARE	5 MIN, FLIPPING ONCE	120 - 125 F
MEDIUM RARE	7 MIN, FLIPPING ONCE	130 - 135 F
MEDIUM	8 MIN, FLIPPING ONCE	150 TO 155 F
WELL DONE	10 MIN, FLIPPING ONCE	160 - 165 F

CHICKEN



TIME

INTERNAL TEMPERATURE

	TIME	INTERNAL TEMPERATURE
CHICKEN THIGH (BONELESS)	5-8 MIN PER SIDE	165 F
CHICKEN BREAST (BONELESS)	5-6 MIN PER SIDE	165 F

FISH



TIME

INTERNAL TEMPERATURE

	TIME	INTERNAL TEMPERATURE
FILLET/STEAK	8 MIN	145 F
SHRIMP (LARGE)	5 MIN	UNTIL PINK
SCALLOPS	5 MIN	OPAQUE IN MIDDLE

PORK



TIME

INTERNAL TEMPERATURE

	TIME	INTERNAL TEMPERATURE
CHOP	8-12 MIN, FLIPPING ONCE	145 F
TENDERLOIN	20-30 MIN, TURNING OCCASIONALLY	145 F

STEAK



TIME

INTERNAL TEMPERATURE

	TIME	INTERNAL TEMPERATURE
RARE	8 MIN, FLIPPING ONCE	130 F
MEDIUM RARE	9 MIN, FLIPPING ONCE	135 F
MEDIUM	10 MIN, FLIPPING ONCE	145 F
WELL DONE	14 MIN, FLIPPING ONCE	160 F

ALL TIMES APPROXIMATE; ADJUST BASED ON THE THICKNESS OF THE MEAT.
ALWAYS USE A COOKING THERMOMETER TO READ THE INTERNAL TEMPERATURE.

Shrimp

✓ Low in Saturated Fat

✓ Gluten-Free ✓ Low-Fat

✓ Sugar-Free

Provides heart-healthy EPA and DHA omega-3 fatty acids. Boil or steam to avoid excess calories and fat

(3 oz (85g))

0.2G
FAT

84
CALORIES

20.4
PROTEIN

0.2G
CARBS

0G
FIBER



