

**Cajun Injector<sup>®</sup>**



**SECRET SKILLS  
FOR YOUR GRILL**



# OUR PURPOSE

Pure Pleasure. We remind you first, and foremost, to "lighten up." The real purpose of Backyard and Outdoor Cooking is "enjoyment;" relaxation, stress reduction, and community with friends and family. In a recent survey, 70% of outdoor grill masters rated their grilling skills "no better than average." If your aim is to become a true "Pit Master," this little brochure won't take you far. If, on the other hand, you believe that "Chillin'" comes first and savoring a relaxing, enjoyable meal is an added bonus, then our little grilling secrets obtained from a wide variety of resources (the most important of which is no doubt the search engines on the internet) may provide numerous suggestions that will improve your grilling techniques and overall enjoyment of outdoor culinary activities.

Let common sense rule. Enjoy the moment. Planning, preparation, patience, and practice will improve your grilling skills over time. Remember, most grilling gurus admit that learning the peculiarities of one's own grill (how long it takes to heat up, hot spots, cold spots, how to set for best heat control) is the first prerequisite of excellent grilling.

## **The Second Most Important Insight:**

Most Grill Masters can't agree on much of anything and often give "contradictory advice." As one BBQ guru explained, "One of the things that gets me hot ....is seeing the same old outdoor cooking myths in print". Remember one man's truth is another man's heresy. Who is correct? Often, you must be the judge.



**Potential Risk from Carcinogenic Chemicals Associated With The High Heat Grilling of Meat, Poultry, and Fish;** especially when charring occurs, has been the subject of numerous media reports. There have been two types of potential carcinogens that occur during high heat cooking. The first group, PAH (Polycyclic Aromatic Hydrocarbons) occur in the smoke when fat juices drip into flames creating smoke that deposits potentially carcinogenic chemicals on meat being grilled. The second type, HCA, heterocyclic amines, occur chemically in the meat, increasing in amount the longer and hotter the temperature at which the meat is cooked. Charred and burnt meat gives the most cause for concern and it is generally recommended that charred pieces be removed and discarded.

Under normal conditions, and with a healthy diet, people eating grilled foods even several times a week don't consume anywhere near the amount of charred foods likely to cause a serious health problem. Health experts have suggested a number of common sense solutions to reduce such risk even further. It is generally agreed that if you don't grill over an open flame or allow the meat to catch fire, occasional grilling should be OK.

## Here are a few examples:

**Advice:** "Always turn foods with grilling tongs rather than piercing with a fork to retain natural juices."

**Opposite Opinion:** "If you pierce a couple of hundred of these (meat) cells (with a fork), you've got billions of others holding the liquid....what's important is searing the meat to lock in the juices."

**Opposite Opinion:** People wrongly think you "sear" meat to "lock in" juices. Searing is all about caramelizing or browning the surface of the meat to give it great flavor..there's no evidence that searing protects juiciness.

**Advice:** "Sprinkle fresh rosemary sprigs for lamb, thyme for seafood, and bay leaves for steaks and burgers over the coals during the last few minutes of grilling; after applying barbecue sauce to food, then sprinkle Basil, Oregano, and Marjoram over the coals."

**Opposite Opinion:** No, never place herbs on the coals as they contain volatile oils that scorch and burn causing an unpleasant, bitter flavor.

**Advice:** "Never salt meat until just before going on the grill as salt draws moisture out of the meat."

**Opposite Opinion:** Ignore those who say don't salt your meat until the last minute. It's OK to salt your meat several hours before grilling as there isn't enough time to draw the moisture out.

**Advice:** Since steaks sear at 500° F or above, use oils on the grate with high smoke points to avoid smoking and off flavors such as cottonseed, safflower, canola, sunflower. Don't use Olive oil.

**Opposite Opinion:** Rub olive oil into the grate and onto meat prior to firing up the grill.

## Our Truth:

Safety First, then Planning, Preparation, Practice, and Patience will result in continuously better Culinary Performance as one gains experience with newly acquired grilling techniques. So take all of these guru tips with a grain of sand. Try those that make sense and experiment with those you question. Remember, *Lesson One*: Learn your grill's idiosyncrasies; and always heed *Safety Commandment One*: Stay with the grill during cooking. Never leave the grill unattended if children or pets are present (this tip will also prevent you from seriously overcooking your food).

## Health Issues When Grilling:

There are several health concerns encountered when grilling. Basic Food Handling and Sanitation involves cleanliness; meat, dairy and product separation to avoid cross-contamination; and temperature control during the cooking and chilling of food products.

Healthy Ingredient Purchase Decisions are determined by personal choice. A primary consideration is the fat content of meats to be grilled – lean versus marbled meat. Succinctly put, marbled meat with higher fat content generally tastes better and is more easily grilled than leaner cuts. From a fat content perspective, grilling is a healthy technique for meat since fatty juices drain away. Decisions as to what to grill remain a personal choice for those responsible for ingredient purchases.



Marinades reduce HCA's formed on meats by as much as 90% to 99% although at this time scientist are not sure "why." We recommend that you both inject and soak meat with our marinades in a bag prior to high heat grilling to reduce the HCA's formed by direct heat. Now our Cajun Injector® Marinades not only add great flavor, and tenderize the meat; they also reduce the formation of carcinogens on the surface and the inside of the meat.

We suggest cleaning the grill to eliminate buildup of fats that can burn; and cleaning and oiling the grating to remove all charred particles that might attach to freshly grilled food.

*Tip:* Once grilling is completed, place aluminum foil over the grilling grates if the charcoal is still hot to reflect heat onto the grate; if using a gas grill follow same procedure but turn gas to high for one minute, then turn off. This will transform food into ash on grates. When cool, use the foil to brush the ash away from the grill. Another trick: if you use a gas grill with briquettes, when cool, turn all the briquettes over so that grease and food particles are facing flame. Turn the grill on high for 5 minutes to clean briquettes completely.

Some authorities recommend precooking meat in the microwave from 3-5 minutes depending on thickness to reduce the total cook time on the grill while maintaining the moisture content of the meat. We suggest you utilize an internet search engine for information on this topic.



## The Grilling Skill Drill:

1. Purchase Quality Ingredients selected on the basis of the Grilling Techniques to be utilized.
2. Proper Grilling Tools: Wire Grill Brush, Digital Oven Thermometer, Long Handled Spatula, Digital Meat Thermometer, Grilling Tongs, Oven Mitts, Spray Bottles, Drip Pan Sized to your grill, Ceramic Roaster (optional), Rib Rack (optional).
3. Heat Control involves monitoring both grill temperature and the internal temperature of the items being grilled. Heat control involves direct and indirect heating techniques when searing or grilling with medium heat or smoking "low and slow." Plan the potential areas of use prior to grilling. A portion of the grating should be reserved for high direct heat, a portion for medium or indirect heat, and an area where food can be move to avoid charring during flare-ups. Obviously this plan depends upon the area of the grating. For small grills, a platter may be the area of last resort to avoid flare ups.

Searing over high, direct heat is the best technique for most foods to cook hot and fast to brown the surface and seal in the juices. A great cut of meat requires hot dry direct heat to caramelize the surface to give it great flavor. Move to medium heat to avoid overcooking once a good sear is achieved. Charred food occurs when meat comes into contact with dry direct heat above 500° F for too long and the meat surface breaks down into carbon. It's unhealthy, and charred meat pieces should be cut away and discarded.

## Helpful Hints

1. Clean grill, then oil grates with a vegetable oil with a high smoke point.
2. Let a gas grill heat as high as possible for a minimum of 10 minutes prior to searing.
3. Be sure that all moisture is removed from the surface of the meat to be seared; dry meat sears best.
4. Place meat at the hottest part of the grill. Close the lid (to keep the heat in) and check at one minute for dark brown properly seared surface. Note how long it takes your grill to get a good sear for future reference; during searing you don't want to release heat when opening except when necessary.
5. Once properly browned, flip meat to a previously unused part of the cooking grate. Remember searing involves browning the meat, not charring the meat.
6. Once sear is completed on the second side, open grill cover and reduce heat and flip meat rotating at 90° to obtain a criss-cross pattern on the surface.  
*Tip:* For stronger criss-cross patterns, place a black iron skillet on the meat during searing being careful to remove with care.
7. After searing, finish cooking meat over medium heat or with indirect heat if required cooking time is more than 25 minutes total.

The USDA recommends the following normal sanitary procedures when preparing raw products for smoking.

- Clean – wash hands and surfaces often.
- Keep ingredients separate – Don't cross contaminate ingredients or utensils.
- Cook to proper temperatures using two thermometers; one for the food; one for the smoker or grill.
- Heat food to a safe internal temperature and doneness.
  - Poultry breast 170° F
  - Whole Poultry 180° F
  - Beef, Veal, Lamb Roast 145° F to 170° F
  - Pork 160° F to 170° F
- Chill – Refrigerate meat and poultry within 2 hours of removing it from a heat source.

\*Source: USDA Pamphlet on Smoked Foods



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