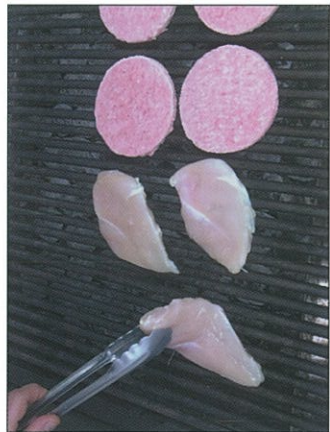


Grilling

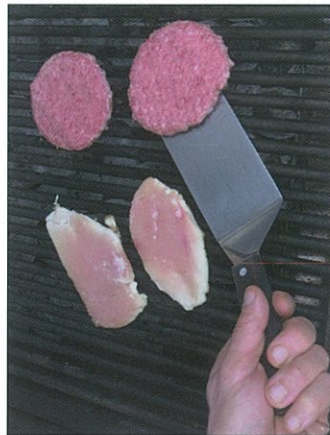
Grilling Protein



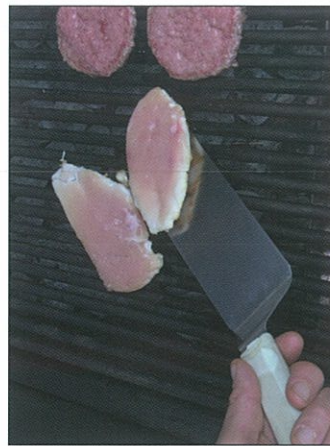
- 1** Preheat chargrill or griddle to 325° F (163° C) - 375° F (191° C).



- 2** Place items on grill.



- 3** Mark items.



- 4** Turn over items.
- Hamburgers are ready to turn over when juices puddle and edges curl.
 - Chicken breasts are ready to turn over when the edges begin to turn white.



5

Finish cooking items. Check for proper internal temperature. Remove from grill and serve immediately.

- Beef steaks, veal, lamb, and other solid cuts 145° F (63° C)
- Seafood 145° F (63° C)
- Pork chops and other solid cuts 155° F (68° C)
- Ground meat (beef, veal, lamb and pork) 155° F (68° C)
- Poultry, solid and ground 165° F (74° C)

Using Griddles

All the grilling steps except marking can be done on a griddle. In addition, the griddle can be used for volume cooking of many breakfast items such as scrambled and fried eggs, omelets, fried potatoes, pancakes and crêpes.



- Hot foods at 140° F (60° C) or above; cold foods at 40° F (4° C) or below.
- Use one utensil for handling raw items and another utensil for cooking.
- Use separate utensils for different products.



- Place longer items horizontally across grill rods to prevent them from falling through.
- If cooking to order, anticipate customer rushes by starting popular items a few minutes before they arrive—check past production records.
- Keep grill and griddle clean and free of excess grease.
- Serve all grilled items within 10 minutes.