

## Tips to grill your beef

Do you attempt to grill your beef and expect to get perfect results? Were you successful in your previous attempts? Do not worry. Once you get a hang of it, it will be an easy task and you should not be finding it difficult anymore. You can try getting some tips from experts regarding grilling Angus and steak beef. This is very good for your health. Preparing these items requires lot of patience on your part and you need to have hands on experience to have the best of beef.

It is important to decide the kind of beef you want. If you prefer steak or angus, then make sure to choose a thick and well marbled slab of meat. These food items will need preliminary preparation such as trimming and boning. So what are the steps involved in grilling your beef? It is important to pre-heat the grill to the accurate level. You can choose either charcoal or the gas grill depending upon your comfort level. Remember that briquettes are required for charcoal grills to build up the flame.

You can coat the steak beef in olive oil and dip it in a container having pepper and coarse salt. Place it on the grill once the preliminary preparations are done. If you want to use a marinade, then you can soak the meat in it for 3 to 4 hours prior to grilling. However, most of the people do not prefer this option. Make sure you do not place it directly over the fire. If you are using gas grill, then turn on one side and leave the other side unlit.

A thicker steak is ideal to grill and it should be well marbled. This will make sure there is some fat content present throughout the steak which will make it juicier and tastier.

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Allow the beef to reach the normal room temperature before you start cooking. The cooking time is dependent on the thickness of beef. Avoid flipping the meat frequently and refrain from using forks. You can use tongs instead of forks or alternatively you can use your finger to test if cooking is done. Allow it to reach the desired doneness and remove the beef from grill. Do not worry if you have started cooking for the first time. Experience is the best teacher. You will learn lessons by making mistakes.

Make sure you buy the beef from a reputable shop. The quality should not be comprised under any cost. It is highly recommended to learn the tricks and lessons on grilling the beef. It will be very helpful when you have a team outing in the office or when you go on a vacation with your family members. Angus beef is preferred over steak beef by some people because of its taste. Healthy cooking habits will lead to better lifestyle. Health is wealth. Hence, prefer food items that are good to health and cooked in a hygiene atmosphere.

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# Cooking Pork Tenderloin on the Grill

Preparing a pork tenderloin on the grill has got to be one of my favorite meals of all time. It was a regular staple of my cooking arsenal years ago, but over the past few years I have been dealing with a charcoal grill rather than a gas grill, and for the way I like to grill pork tenderloin, it was just too much trouble with the small, portable charcoal grill I had (it was all I had access to). I tried it several times, but not only was it a challenge getting a full pork loin to fit on that little grill, but I was never able to control the heat well enough to handle the cooking the way I wanted it done. Now that I have a new Viking gas grill to work with... oh boy, oh boy, oh BOY!

The thing about cooking a pork tenderloin on the grill is that it's really easy to get really good results, and to really impress your friends, family or whomever else might be sitting at your table. On top of that, cooking pork is actually quite healthy. Pork is very low in fat, and is very adaptable to many different recipes. It also takes on flavors very well, so if you want to add a wet or a dry rub, or perhaps a marinade (from a simple store-bought Italian dressing, which is something I like a lot, to more fancy, home-made concoctions handed down through the generations...) The one thing you do need to be careful about is that because pork is such a low fat content meat, it has a tendency to dry out quickly if it's not prepared properly.

So how do you prepare it properly? Well, one thing you can do (other than the store bought Italian dressing technique I

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just mentioned), is to soak your tenderloin in brine for anywhere from 10 to 12 hours, or even as much as 24 hours if you want to. Brine is simply salt water. You can add 2 to 3 tablespoons of good salt (I prefer Kosher salt, but many people swear by sea salt) to a quart of water and just let the pork loin soak in that, covered, in the fridge. Doing this will help ensure you have a nice, juicy pork loin when you take it off the grill.

As for grilling, you will need to cook on 2 different temperatures. This is why I like my new gas grill so much; I can crank it up to get it good and hot, then just turn the dial down when it's time to slow cook.

You'll want to use very high heat at first to sear the outside. And remember, as opposed to chicken breasts or steaks where you are cooking 2 sides of meat, this cut is more like a tube, so you can think of it as having 4 sides to sear. On high heat it should take about 3 to 4 minutes per side to get some nice, dark grill marks on the meat. After that, turn the heat down and finish it off. This will insure that you have a tasty, crunchy outer layer of meat and still a very tender, juicy and delicious inside.