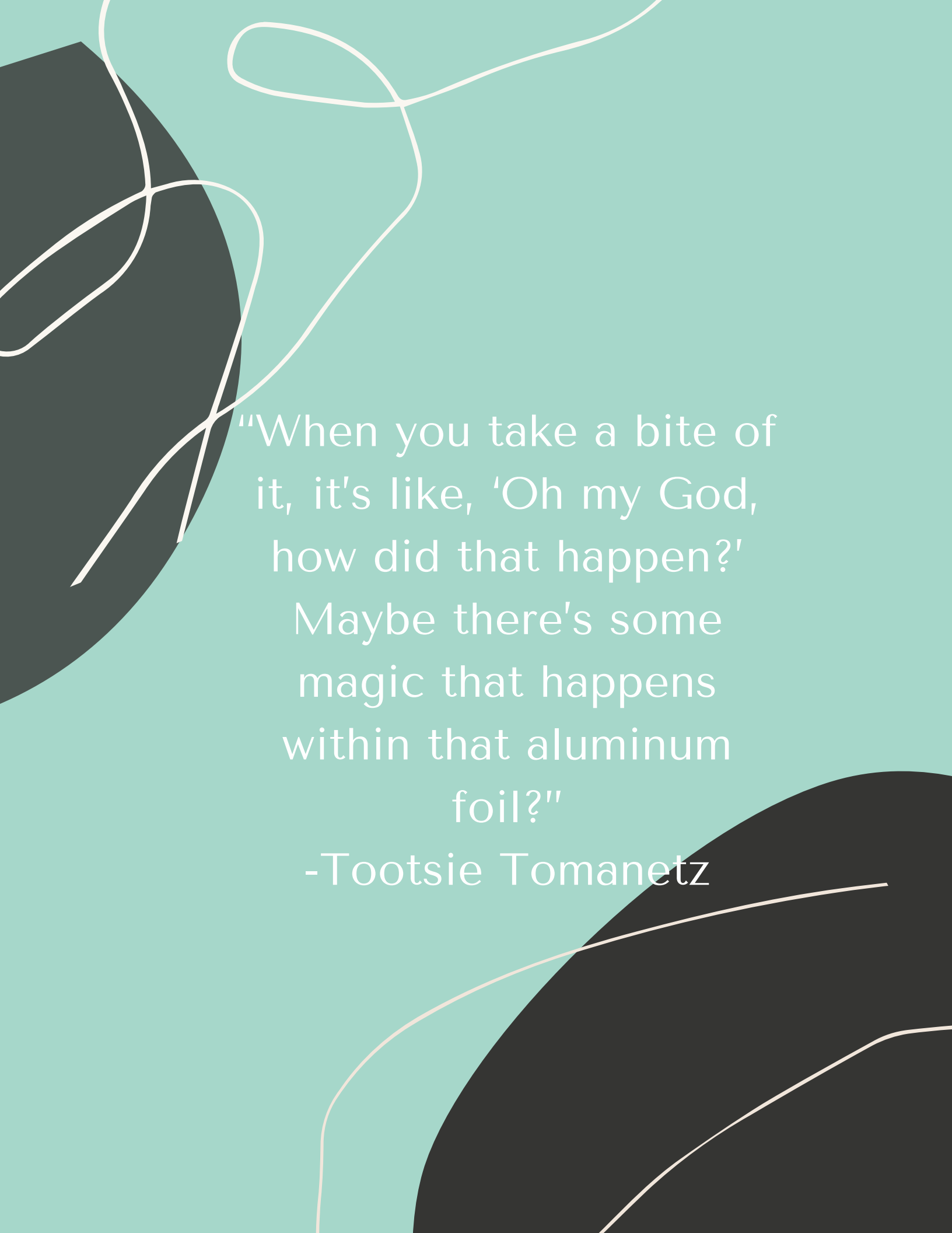


THE BON APPETEACH BBQ BASICS



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"When you take a bite of
it, it's like, 'Oh my God,
how did that happen?'
Maybe there's some
magic that happens
within that aluminum
foil?"

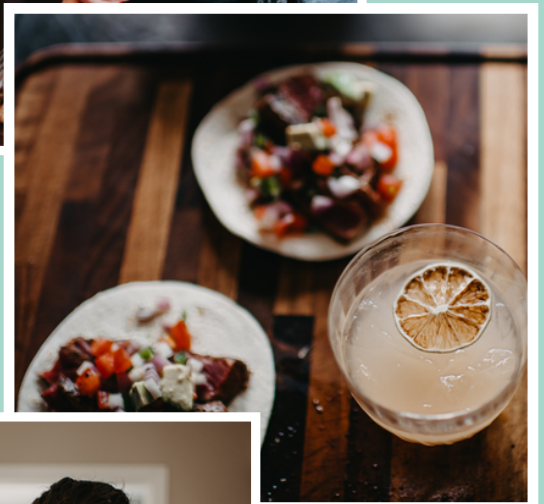
-Tootsie Tomanetz

LET'S PLAY WITH FIRE...

Welcome friends! I am thrilled you're here and taking the next steps to be the grill and backyard BBQ pitmaster you've always wanted to be!

Use this free guide that's filled with everything you need to know about the fundamentals of grilling and BBQ techniques to help you confidently through the cooking process from start to finish.

-Bon Appeteach



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BBQ FUNDAMENTALS

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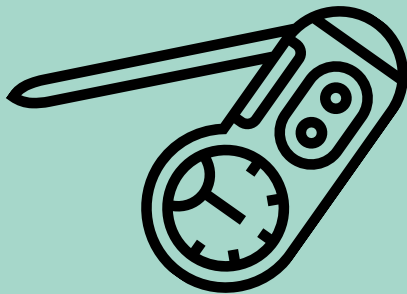
10 go-to tips from a certified culinary arts teacher

BBQ FUNDAMENTALS

Time

Hot and fast or low and slow, know the difference and when to use it!

01



Temperature

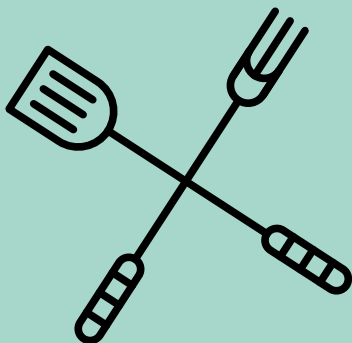
Master the balance between under-done, done, and overdone!

02

Cooking Tools

No matter what type of grill you have, make sure you have the right tools for success.

03



Techniques

Feel confident with these key BBQ and grilling skills.

04

Teacher Tips

Let me help you get that A+ on every cook!

05



TIME



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LOW AND
Slow

VS

HOT AND
Fast

HERE ARE THE BASICS TO BREAKING DOWN WHAT FOODS
NEED SOME EXTRA TLC AND WHICH ONES CAN GET LIT IN NO
TIME!

TYPICALLY THICKER, DENSER
CUTS OF MEAT (PORK SHOULDER,
BRISKET, ROASTS, ETC.) NEED A
LONGER TIME TO ALLOW THE
CONNECTIVE TISSUES TO BREAK
DOWN, FOR FAT TO RENDER,
AND BECOME TENDER.

WHAT

TYPICALLY FOODS THAT ARE
THINNER (HOT DOGS, WINGS,
BURGERS, CHICKEN), ARE
TENDER WITHOUT EXTENDED
COOKING TIMES. THEY DO WELL
WITH HIGHER TEMPS TO HELP
SEAR, FORM A CRUST, OR MAKE
THE SKIN CRISPY!



EXAMPLES



- PORK BUTT/ SHOULDER
- RIBS (PORK/ BEEF)
- BEEF ROASTS (CHUCK)
- WHOLE BIRDS (CHICKEN, DUCK, AND TURKEY)
- BRISKET

COOK
TIMES

- HOT DOGS
- KEBABS
- SAUSAGES
- BURGERS
- STEAKS
- CHICKEN BREAST/ WINGS/ INDIVIDUAL PIECES
- VEGETABLES / SIDES

EVERY COOK IS A LITTLE DIFFERENT. COOKING TO THE CORRECT TEMPERATURE IS THE MOST ACCURATE WAY TO KNOW WHEN FOOD IS DONE. MOST LOW AND SLOW FOODS WILL TAKE ANYWHERE FROM 2-20 HOURS DEPENDING ON THE FOOD/ SIZE/ AND PROCESS. WHILE MOST HOT AND FAST COOKS COULD TAKE 2-15 MINUTES, DEPENDING ON THICKNESS AND HEAT INTENSITY, ETC.

TEMPERATURE



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Ultimate

FOOD SAFETY AND TEMPERATURE GUIDED CHEAT SHEET



AS A CERTIFIED CULINARY ARTS EDUCATOR, I HOLD FOOD SAFETY TO A VERY HIGH STANDARD. I HAVE SPENT CLOSE TO A DECADE CERTIFYING STUDENTS IN FOOD SAFETY MANAGEMENT AND CREATED THIS EASY "CHEAT SHEET" OF WHAT YOU NEED TO KNOW ABOUT COOKING TIMES AND TEMPERATURES.



40-140 F. = THE DANGER ZONE

FOODS KEPT AT THIS TEMPERATURE FOR MORE THAN 4 HOURS ARE
CONSIDERED UNSAFE DUE TO BACTERIA GROWTH.

135 F.

- VEGGIES
- BEANS/ LEGUMES
- FRUITS
- GRAINS

155 F.

- GROUND MEATS (BURGERS)
- GROUND SEAFOOD
- INJECTED MEATS

145 F.

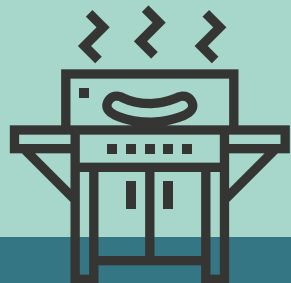
- SEAFOOD
- ROASTS (BEEF/PORK)
- COMMERCIAL GAME
- STEAK, CHOPS, HAM

165 F.

- ALL POULTRY (WHOLE/GROUND)
- ANYTHING STUFFED

195-206 F. = IDEAL TEMPERATURES FOR BBQ

WHILE WHOLE CUTS OF MEAT ARE SAFE TO EAT AT OVER 145 F. FOR LOW AND SLOW BBQ (BRISKET, RIBS, ROASTS, PULLED PORK, ETC.) YOU NEED TO COOK TO A MINIMUM OF 195 F. TO HELP THE CONNECTIVE TISSUES BREAK DOWN ENOUGH TO BE TENDER AND FOR FAT TO RENDER.



Guide TO COOKING THE PERFECT STEAK



WHILE THE USDA RECOMMENDS ALL STEAK CUTS ARE COOKED TO A MINIMUM OF 145 F. OFTEN WE COOK STEAKS TO A LOWER TEMPERATURE FOR DESIRED TASTE/ PREFERENCE.

USE THIS CHEAT SHEET TO HELP YOU KNOW THE DIFFERENT TEMPS AND VARIATIONS FOR DIFFERENT LEVELS OF DONENESS WHEN COOKING YOUR FAVORITE STEAK!



125 F. - BLUE/ RARE

- VERY COOL RED CENTER, MAY STILL MOO AT YOU



135 F.- MEDIUM RARE

- WARM RED CENTER, SEARED OUTSIDE. *CHEF RECOMMENDED



145 F.- MEDIUM

- PIN CENTER, SLIGHTLY DENSER TEXTURE



155 F.- MEDIUM WELL

- VERY LITTLE PINK, TEXTURE IS FIRM/ DENSE

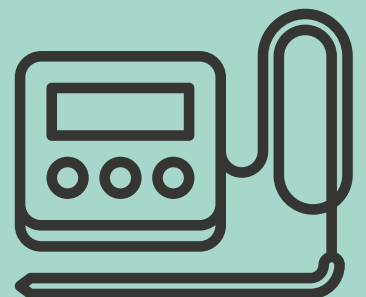


165 F.- WELL DONE

- ALL OVER BROWN, VERY DRY

TEACHER TIP

WANT THE PERFECT STEAK EVERY TIME? USE A GOOD QUALITY, INSTANT READ THERMOMETER (LIKE THIS THERMAPEN MK4 VERSION). FOR THE BEST OUTCOME!



TECHNIQUES



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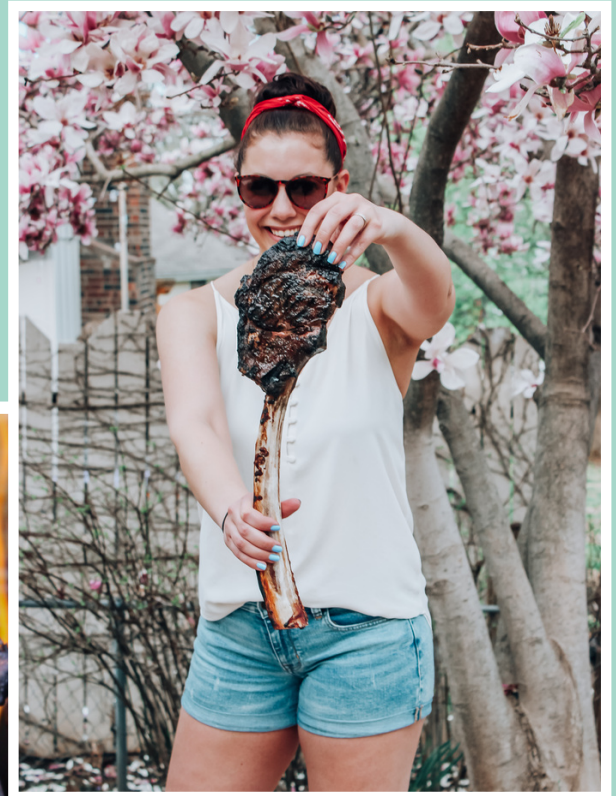
HOW TO REVERSE SEAR WITH TWO ZONE COOKING

Grilling and managing fire and cooking meat can sometimes be intimidating. I often find that many new grillers have the perception that you always crank your grill to the highest temperature it can go, toss on whatever meat, poultry, or fish you are cooking and let it cook on full blast.

Often this results in food that can look very over-cooked on the outside, yet still undercooked on the inside (especially with thicker chicken breasts for example). You can also end up with a dry, tough, and chewy outcome that isn't very enjoyable.

Have you done this? Be honest!

We all have been there! So how can we feel more confident in managing fire to cook the perfect burger or sear a steak to the perfect medium-rare? By using the reverse sear method and learning to cook any protein or vegetable with ease and assurance every time you light your grill. Let's dive in!



What is

REVERSE SEARING ON THE GRILL?

Reverse searing using the two zones of your grill means you set it to have both direct and indirect heat. This means, that one side of your grill is lit and has an active heat source (gas flame or lit charcoal) while the other half of your grill remains unlit (no burner is turned on or you utilize a heat deflector etc.)



This two-zone setup may look slightly different depending on the grill you use, the location of the burners, how it's set up for using charcoal, etc. The concept however stays the same (one side hot, one side cold).

THIS *method* CAN BE USED ON:

GAS GRILLS



CHARCOAL GRILLS

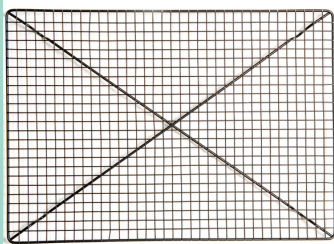


OVEN/ STOVETOP

The goal is to slowly bring thicker meat cuts (usually over one inch thick) up to temperature using lower heat to start on the cooler side of your grill (almost like baking in an oven). Then you finish it off over the direct flame on the hotter side to get a nice crust, sear, or those lovely grill marks.

What Tools

DO YOU NEED FOR REVERSE SEARING?



BAKING SHEETS

Smaller quarter sheets are my preference

COOLING RACKS

Allows for the meat to be elevated so air can circulate

MEAT THERMOMETER

This Thermopen MK4 is hands down the only instant read thermometer you need

CAST IRON PAN

Optional for searing food for an all over crust

TONGS

STEP By STEP



PREHEAT YOUR GRILL

Set it up for two zone cooking. You want a low and slow temperature to start. Shoot to heat your grill between 200-250 F.



PREP YOUR FOOD FOR COOKING

By placing your cooling rack over your baking sheet. Then place your food onto the rack. This makes it easier to move on and off the grill and will catch any fat or marinade that renders from your meat or vegetables so it doesn't get into the grill.



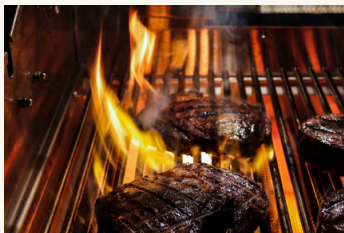
COOK ON INDIRECT HEAT TO START

Be sure to either use an instant-read thermometer or one that can be inserted so you can know when to remove your protein. When working with steaks, for example, I only use indirect heat to about 105 - 110 F. internal temperature and remove it from the grill.



REST YOUR MEAT OR PROTEIN

While you now allow the grill to become hotter for searing. To achieve browning (using the Maillard reaction) you need your grill to come up to high heat over 550 F. I ideally prefer it to be even higher because opening the grill will cause some loss of heat.



PLACE YOUR MEAT ON THE HOT SIDE OF YOUR GRILL

Sear for about 45- 60 seconds or so. The meat should be easily released from the grill grates. Flip the steaks, chicken, or other desired cut as needed and repeat until it hits the desired temperatures.



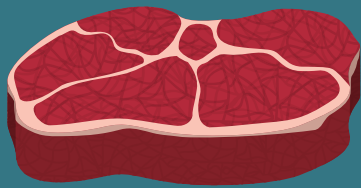
REMOVE YOUR MEAT OR PROTEIN FROM THE GRILL

Let it rest, tented under foil. Slice, and serve as desired!

What

ARE THE BEST FOODS TO REVERSE SEAR?

STEAKS



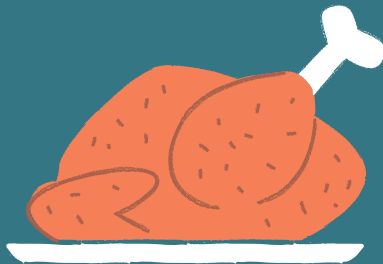
TRI TIP



KEBOBS



CHICKEN



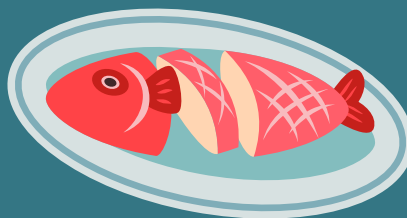
ROOT VEGGIES



BURGERS



FISH



PORK BELLY



COOKING TOOLS

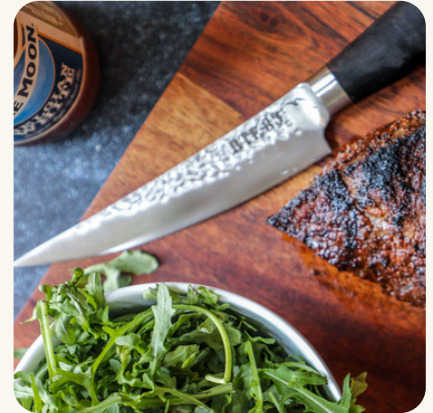


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MOST Recommended TOOLS

TRIMMING KNIFE

A lot of meat requires precise trimming before throwing it on your smoker. Having a good knife to do all the work for you is the way to go. I recommend this knife from RTE 83.



DISPOSABLE GLOVES

You're handling a lot of raw meat and gloves are a proper way to limit the spread of bacteria and are also great when slicing up cooked foods you plan to share with a large group. I recommend these Nitrile food-safe gloves.



SHEET PANS (REGULAR AND FOIL)

Purchase some foil pans you would like to use specifically for smoking. This is great for baking sheets, quarter sheets, and baking dishes. The smoke will discolor the pans, so having a designated set is nice to have on hand. You can also buy disposable ones as well. I recommend this baking sheet set.



WIRE RACKS

Whether you're reverse searing or smoking BBQ, wire racks often come in handy for elevating the food over your pans. This allows for airflow and makes it easier to remove foods on and off your grill grates.

I recommend these wire racks (dishwasher safe).



MOST Recommended TOOLS

.....

INSTANT READ THERMOMETER

This is 100% my most used tool. I have used a lot of thermometers and love the Thermopen MK4 by Thermoworks. Worth EVERY penny!



SMOKING ALARM THERMOMETER

This is another item I use every time I BBQ. It allows you to track your cooking temperatures, know when you are in a stall, and when your food is ready! Grab this Smoke Remote Alarm thermometer by Thermoworks.



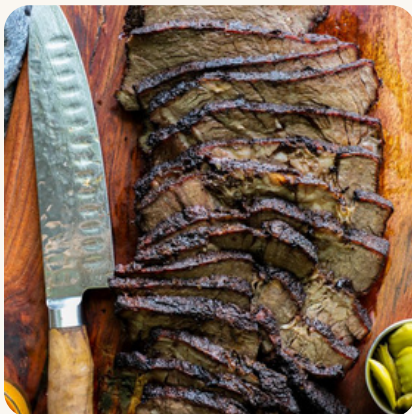
CUTTING BOARD

Having a quality, stable, cutting board is something every griller and barbecuer needs! This Boo's Carving Board is always my go-to tool in the kitchen and worth the investment.



CHEF'S KNIFE/ CARVING KNIFE

I've reliably use this RTE 83 Chef's knife daily for going on four years. It doesn't need sharpening often, and the wood handle and design are stunning and feel great in your hand. Invest in the perfect chef knife and you won't be disappointed.



TEACHER TIPS



[BONAPPETEACH.COM](https://bonappeteach.com)

Top 10 TEACHER TIPS

HERE ARE MY TOP 10 TIPS FOR GAINING CONFIDENCE ON THE GRILL OR WHEN THROWING DOWN SOME SERIOUSLY GOOD BBQ!

01

Steaks should always sit out at least an hour on your counter before grilling!

02

Ribs never "fall off the bone" (that means it is overdone. They should be "bite off the bone" instead.

03

Spraying the outside rub (or bark) on your BBQ while smoking allows for the bark to set, keeps it moist, and allows for smoke to adhere

04

Spray beef with beef broth, pork works great with diluted BBQ sauce, apple juice, or apple cider vinegar too.

05

Not sure where the hot spots are on your grill (charcoal or gas). Pre-heat to 350 F. and place bread slices across the grill for 60 sec and see what looks the least and most do.

06

Stop opening your grill. if you're lookin' you're not cookin'!

07

Using high heat to cook? Always start with clean grill grates. Oil the grates and oil the food.

08

Stuck in a long stall? Wrap in foil or butcher paper to help bring your BBQ through the cooking process.

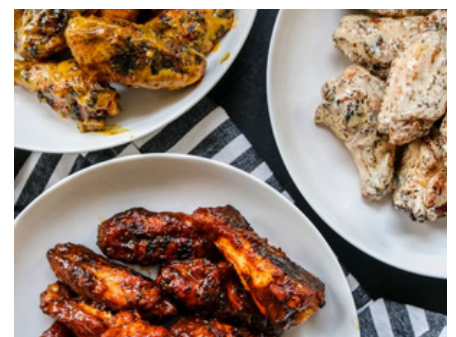
09

Wait to sauce your BBQ until the last 30-45 min. Sugars in the sauce can burn otherwise.

10

Worried about dried, leaner meats? Try dry brining a day or two ahead of time before smoking or grilling for best results.

READY FOR THE *Next Step?*



MASTER THE GRILL WITH
CONFIDENCE AND GET STARTED
PLANNING YOUR NEXT COOK!

Over 150+ recipes

OVER ON

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Want to learn more? Click here
to see how you can start cooking
killer dishes and recipes on your
grill and smoker!

Thank you!

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