

# Meats

## Grilling Guide

Blue Cheese Steak

BBQ Ribs

Memphis Style  
Beef Ribs

Prime Rib of Beef

A "Classic" Brisket

Beef Fijitas

Mom's Juicy Hamburgers

Sausage with Mango  
and Fennel Chutney

Sirloin Steak with Sweet  
Onions and Peppers

Whole Leg of Lamb



## TIP

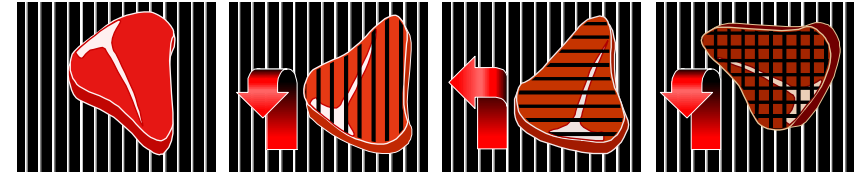
Do not place cooked meats on the same plate that raw meat was placed on, without cleaning thoroughly with warm soapy water.



## MEAT GRILLING GUIDE

Follow the diagrams for that perfect "Steakhouse" diamond patten.

Preheat grill for 10 min.  
Brush grills with olive oil  
Follow directions  
Test for completeness



Place steak  
on hot grill.

Flip steak over at a  
180 degree angle.

Flip steak over at a  
90 degree angle.

Flip steak over at a  
180 degree angle.

	Thickness			Heat	Time Per Side				Total
	1 1/2"	1"	3/4"	Setting	A	B	C	D	Time
Note: Bone in Cuts take slightly Longer.			Rare	HIGH	1 3/4	1 3/4	1 3/4	1 3/4	7
		Rare	Med/Rare	High	2	2	2	2	8
	Rare	Med/Rare	Medium	High	2 1/2	2 1/2	2 1/2	2 1/2	10
	Med/Rare	Medium	Med/Well	High/Med	3	3	3	3	12
	Medium	Med/Well	Well	High/Med	3 1/2	3 1/2	3 1/2	3 1/2	14
	Med/Well	Well		High/Med	4	4	4	4	16

Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.

## BEEF

Sear: Preheat/High Grill: Medium

CUT	SIZE	Heat	Approximate Cooking Time	
			Internal Temp.	Rare - 150°F Medium - 160°F Well Done - 170°F
Steak (New York, Porterhouse Rib-eye, Sirloin, T- bone, or Tenderloin)	3/4"	High	Sear 8 – 10 minutes	
	1"		Sear 10 – 12 minutes	
	1 1/2"		Sear 10 minutes, grill 8 – 10 minutes	
	2"		Sear 10 minutes, grill 10 – 14 minutes	
Skirt Steak	1/4" – 1/2"	High	5 – 7 minutes	
Flank Steak	1-1 1/2lbs., 3/4"	Med	Sear 4 minutes, grill 8 – 10 minutes	
Kabob	1 – 1 1/2" cubes	Med	10 – 12 minutes	
Tenderloin, whole	3 1/2 - 4 lbs.	High/Med	Sear 10 minutes, grill 15 – 30 minutes	
Ground Beef Patty	3/4"	High/Med	Sear 4 minutes, grill 4 – 6 minutes	
Rib-eye Roast, boneless	5 – 6 lbs.	Med	1 1/2 - 2 hours	
Tri-tip Roast	2 – 2 1/2 lbs.	High/Med	Sear 10 minutes, grill 20 – 30 minutes	
Rib Roast	12 – 14 lbs.	Med	2 1/2 - 23/4 hours	
Veal Loin Chop	1"		10 – 12 minutes Direct/Medium	



## PORK - STEAKS AND CHOPS

Sear: Preheat/High Grill: Medium

CUT	Thickness	Approximate Cooking Time Internal Temp. Medium – 160°F Well Done – 170°F
Blade Steak	1/2"	10 –12 minutes Direct/Medium
Chop (loin, rib)	3/4 - 1" 1 1/4 - 1 1/2"	10 – 15 minutes Sear 8 minutes, Grill 6-10 minutes

## PORK - ROASTS

Preheat Grill Roast: Medium

Place meat, fat side up, on the cooking grate. Grill for time given in chart or until thermometer registers desired internal temperature.

Cut	Thickness/ Weight	Precooked to Reheat 140°F	Medium 160°F	Well Done 170°F
Ham – Fully Cooked	1"	12 minutes	-----	-----
- Boneless Portion	3 – 4 lbs.	50 minutes–1 hour	-----	-----
	4 – 6 lbs.	1 – 2 hours	-----	-----
- Smoked Picnic	5 – 8 lbs.	1 – 2 1/2 hours	-----	-----
- Whole, bone-in	10 – 12 lbs.	2 – 2 3/4 hours	-----	-----
Loin Roast	3 – 4 lbs.	-----	1 – 2 hours	2 – 3 hours
Rib Crown Roast	4 – 6 lbs.	-----	1 1/2 - 2 hours	2 – 3 hours
Ribs – Country Style, Loin, Baby Back, or Spare	3 – 4 lbs.	-----	-----	1 1/2 - 2 hours
Tenderloin	3/4 - 1 lbs.	-----	20 – 30 minutes	30 – 45 minutes
Loin Roast, boneless	3 – 5 lbs.	-----	1 1/4 - 1 3/4 hours	1 3/4 - 2 1/2 hours
Sausage	-----	-----	-----	25 – 30 minutes

## LAMB - CHOPS

Sear: Preheat/High Grill: Medium

Grill for the time given in the chart or until desired doneness, turning once halfway through cooking time

CUT	Thickness	Approximate Cooking Time
Loin, Rib, Shoulder, Sirloin	3/4 - 1 1/4"	8 – 12 minutes

## LAMB - ROASTS

Preheat Grill Roast: Medium

Place meat, fat side up, in center of the cooking grate. Grill indirect for the time given in the chart or until thermometer registers the desired internal temperature.

CUT	Weight	Approximate Cooking Time Internal Temp. Medium – 160°F
Leg of Lamb, butterflied	4 lbs.	55 – 65 minutes
Leg of Lamb – Boneless, Rolled	5 – 7 lbs.	2 1/4 - 3 hours
- Whole	5 – 7 lbs.	2 – 2 1/2 hours
Rib Crown Roast	3 – 4 lbs.	1 – 1 1/4 hours

\*\* Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking.



## Meats

### BLUE CHEESE STEAK

Makes 4 servings

4	T-bone Steaks (1" thick; about 10-12 ounces each)
4 Ounces	Crumbled Blue Cheese
1/4 Cup	Green Onions and Tops (thinly sliced)

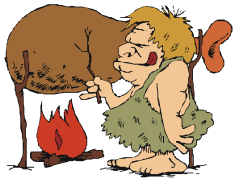
**Suggested Backwoods Wood Pellet Flavor: Hickory or Alder**

Preheat barbecue on PREHEAT .

Trim excess fat from the beefsteaks and discard. Brush cast iron grate with olive oil. Place steaks on cooking grating. Sear on each side while still on PREHEAT. See diagram in the Cooking Guide section for the perfect “steak house” look.

Reduce heat to Medium, turn the steaks for final time, combine cheese and onions and sprinkle over steaks, cover and grill until desired doneness. Check doneness by cutting a slit in meat near the bone.

**TIP** You can make use of the ever growing selection of commercially prepared seasons, rubs or sauces, but with the flavor produced with a wood pellet grill you will find you may reduce or not use any. Give it a try, you will taste the difference!



### BBQ RIBS

Makes 4 – 6 servings

3-4 Pounds	Ribs – Meaty pork spareribs or loin back ribs
3 Tablespoons	Oil
1 Tablespoon	Salt
1/2 Teaspoon	Red Pepper
1/2 Teaspoon	Black Pepper
2 Chopped	Onions
2 Tablespoons	Vinegar
2 Tablespoons	Worcestershire Sauce
3/4 Cup	Coca-Cola
1 Teaspoon	Paprika
1 Teaspoon	Chilli Powder

**Suggested Backwoods Wood Pellet Flavor: Hickory, Apple or Alder**

Preheat barbecue on PREHEAT then reduce to MEDIUM-HIGH.

Prepare poke spareribs by peeling off tough layer of skin on back side. Sprinkle the ribs with salt and pepper.

Mix the remaining ingredients to make a marinade. Pour the marinade and the ribs in a covered dish or zip lock type bag and place in refrigerator for at least 4 hours or overnight. Remove the ribs from the marinade. Place marinade in a saucepan and bring to a boil for at least 5 minutes. Allow the ribs to stand at room temperature for 20 – 30 minutes before grilling.

Brush grate with olive oil. Place ribs on preheated grill and sear on both sides for approximately 3 minutes. Reduce temperature to Medium and continue grilling for another 1 to 1 1/2 hours or until tender. Baste with boiled marinade for the last 20 minutes of cooking time.

**ALSO GOOD FOR:** pork chops, chicken tenders, or beef on a stick.



## MEMPHIS-STYLE BEEF RIBS

Makes 2-4 servings

2	Racks	Beef Ribs (2 ½ -3 lbs. each)
3	Tablespoons	Sweet Paprika
2	Teaspoons	Hot Red Pepper Flakes
2	Teaspoons	Mustard Seeds
3	Teaspoons	Course Salt
2	Teaspoons	Fresh Ground Pepper
2	Teaspoons	Brown Sugar
1	Teaspoon	Celery Salt
1	Teaspoon	Garlic Powder
1	Teaspoon	Onion Powder
1	Teaspoon	Oregano
1	Teaspoon	Cumin
1	Cup	White Vinegar

**Suggested Backwoods Wood Pellet flavor: Hickory or Alder**

Preheat barbecue on PREHEAT then reduce to MEDIUM

Rinse the ribs under cold running water and then drain and blot dry with paper towel. Combine the paprika, hot pepper flakes, mustard seeds, 2 teaspoons coarse salt, pepper, brown sugar, celery salt, garlic powder, onion powder, dried oregano, and cumin in a small bowl or spice shaker. Put 2 tablespoons aside for the sauce. Sprinkle 1 tablespoon of the rub on the meat side and ½ tablespoon on the bone side of each rack of ribs. Rub the spices on with your fingers. Save remaining rub for serving. Let the seasoned ribs sit for 30 minutes while you make the sauce and preheat the grill.

Combine the vinegar and remaining salt and rub in a small bowl and stir until the salt is dissolved.

Place the ribs in the center of the hot cast iron grate after brushing it with olive oil. Cook with the lid down for 1-1 ½ hours. When the ribs are cooked, they will be brown, tender enough to pull apart with your fingers and the meat will have shrunk back from the ends of the bones.

Transfer the cooked ribs to a clean cutting board. Brush or mop on both sides with the sauce and sprinkle with the remaining rub. Cut into individual ribs and serve with any remaining sauce.

**ALSO GOOD FOR:** Spare Ribs or Baby Backs

## PRIME RIB OF BEEF

Makes 10-12 servings

1	10 lb.	Prime Rib of Beef, rolled and tied
5	Cloves	Garlic – Slivered
¼	Cup	Your favorite prepare BBQ Rub

**Suggested Backwoods Wood Pellet Flavor: Hickory or Alder**

Preheat barbecue on PREHEAT then reduce to Medium

Using the tip of a knife, make slits in the prime rib and insert the slivers of garlic into these slits. Sprinkle the rub over the entire roast, patting it onto the meat with your fingertips.

Place roast, fat side down, directly in the center of the hot, oiled grate. Sear for 3-4 minutes, the turn roast fat side up, turn grill down to MEDIUM. Grill until done to taste: about 1 ½ to 2 hours for rare (125°F on an instant-read thermometer), about 2 to 2 ½ hours (145°F) for medium-rare, and 2 ½ to 3 hours (160°F) for medium. Remember the roast will continue cooking even after it comes off the grill.

Transfer the roast to a platter or carving board and cover loosely with aluminum foil. Let roast rest for 15 minutes before carving and serving.

## A “CLASSIC” BRISKET

Makes 4 – 6 servings

A whole beef brisket weighs 16 to 18 pounds and has three separate parts: the cap, the point, and the flat. Use the “Flat” section as it is lean, compact and produces handsome slices when you carve it.

1	5 to 6 lbs.	Beef Brisket – “Flat” portion with a layer of fat at least ¼” thick
1		Bottle of Chili Sauce
1	Package	Dry Onion Soup Mix
1	Can	Coca-Cola® Classic
½	Teaspoon	Black Pepper

**Suggested Backwoods Wood Pellet Flavor: Hickory,**

Preheat barbecue on PREHEAT then reduce to SMOKE or LOW.

Score the underside of the brisket against the grain, so you will know how to slice it after cooking. Combine all the ingredients in an open aluminum foil pan. The pan keeps the meat from drying out by collecting the fat, and juices, which you use to baste the meat. If you have the time let the cover the brisket and place in the refrigerator for 4 – 6 hours.

Place the brisket, fat side up, in the center of the preheated grill. Close the grill lid, and set temperature to LOW-MEDIUM. Grill until tender, about 3-4 hours. (time will depend on size of brisket and heat of grill).

Baste the brisket with the drippings and juices at least one every ½ hour for the first 3 hours. You may have to add another can of Coca-Cola® or a little water to keep the pan from drying up.

Test for doneness, use an instant-read meat thermometer: the internal temperature should be about 170°F. You should be able to pull the meat apart with your fingers.

Transfer the finished brisket to a cooking board and let rest for 10 minutes. Thinly slice across the grain. Transfer meat to serving platter and pour the pan juices on top.

## BEEF FAJITAS

Makes 10 fajitas

1- 1 1/2	Lbs.	Skirt or Blade Steaks
1	Package	Prepared Fajita or Taco Seasoning
2		Limes
1 each	Whole	Green, Red, Yellow and Orange Bell Peppers
1	Large	Spanish or Purple Onion cut in ring slices
2	Tablespoons	Virgin Olive Oil
10-18	7 inch	Flour Tortillas
		Sour Cream, Salsas, TexMex Garnishes

**Suggested Backwoods Wood Pellet Flavor: Hickory or Alder**

Preheat barbecue on PREHEAT then reduce to Medium

Sprinkle steaks with the spice mixture. Rub the spices in the meat, then squeeze fresh lime juice over the steaks to marinate them. Let marinate in the refrigerator for 30 minutes to an hour, covered.

While steaks are in the fridge, place the bell peppers on the hot grill and grill until charred on all sides, using tongs to turn. Approximately 15-20 minutes. Transfer peppers to a cutting board, wrap in wet paper towels, and let cool. Place slice onions and olive oil in an aluminum foil pan and grill till tender. Unwrap peppers and peel off the burnt skin with your fingers. Cut the flesh off the core, scrape out the seeds, and cut into ¼” strips. Place peppers and onion on a serving platter.

Place steaks on the hot grill and cook to your taste. Cut a slit in the steak to check for doneness. Transfer finished steak to a clean cutting board and let rest 3 minutes. Using a sharp knife cut each steak thinly across the grain. Arrange the slices on the platter with the peppers and onion.

Place Tortillas on the hot grill for 15 seconds per side. Place them in a serving basket.

Allow each guest to assemble their own,

customizing the ingredients to suit their tastes.



## MOM'S JUICY HAMBURGERS

Makes 4 – 6 servings

2	Lbs.	Ground Beef or Buffalo
2	Teaspoons	Salt
½	Teaspoon	Fresh Ground Pepper
2	Whole	Eggs, room temperature
2	Cups	Dried, Fne Bread Crumbs, or Crushed Soda Crackers
½	Cup	Prepared BBQ Sauce
6-8		Hamburger or Kaiser Buns
2	Tablespoons	Melted Butter

### Suggested Backwoods Wood Pellet Flavor: Hickory or Alder

Preheat barbecue on PREHEAT then reduce to MEDIUM.

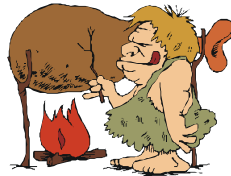
Combine all the ingredients in a mixing bowl and blend together. Don't forget to wash your hands after mixing rare meat. Divide the meat into portions, and gently shape into patties similar in shape and size to the buns you will be serving. Keep the patties about ¾" thick.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place patties on the grill, and reduce heat to medium. Grill approximately 6 minutes per side, taking care not to press down on the meat. Test for doneness, use an instant-read meat thermometer: the internal temperature should be above 160°F.

Brush the buns with the melted butter and toast them on the grill, 30 seconds to 1 minute.

**VARIATION:** Add your favourite cheese, slices or crumbled, during the last 2 minutes of grilling.

**TIP** Most people are watching their fat intake these days, but in the case of hamburgers, you will find a slightly fattier meat makes for a moister burger. For a super tasting and lean alternative try ground buffalo..



## SAUSAGE WITH MANGO AND FENNEL CHUTNEY

Makes 4 – 6 servings

2		Mangoes (finely chopped)
2	Pounds	Italian Sausage
2	Teaspoons	Fresh Parsley (minced)
1	Tablespoon	Red Pepper (diced)
2	Teaspoons	Honey
½		Red Onion (diced)
½	Bulb	Fennel (diced)
1	Teaspoon	Lime Juice
	Pinch	Salt

### Suggested Backwoods Wood Pellet Flavor: Hickory or Alder

Preheat barbecue on PREHEAT then reduce to LOW-MEDIUM

Prepare the barbecue by preheating on high and brushing grids with oil. Brush cast iron grate with olive oil. Place sausage on the grill and reduce heat. Cook at low setting approximately 10 minutes per side.

Combine remaining ingredients for chutney. Chill until ready to serve. Slice the grilled sausage on the diagonal and serve with chutney.



## SIRLOIN STEAK WITH SWEET ONION AND PEPPERS

Makes 4 servings

2	1 lb.	Bones Top Sirloin Steak, 1" thick, cut into 4 pcs
2	Teaspoons	Seasoning Salt or your favourite rub
5	Cups	Sweet Onion, coursed chopped
2	Peppers	Red, Yellow, Orange or Green Bell Pepper, coursed chopped
4	Teaspoons	Soy Sauce
4	Teaspoons	Virgin Olive Oil

### Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder

Preheat barbecue on PREHEAT then reduce to PREHEAT / HIGH.

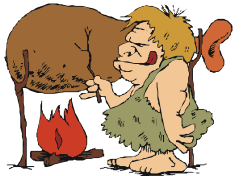
Sprinkle both sides of the steaks with the seasoning salt or rub. Cover and refrigerate at least 1 hour.

Place onion and bell peppers on a large piece of heavy-duty foil. Drizzle with soy sauce and 2 teaspoons of olive oil; sprinkle with salt. Seal the foil packet completely. Place the packet on the grill, at medium heat for 10 – 15 minutes or until vegetables are soft and tender. (Test for doneness by poking a small sharp knife through the foil). Remove from grill but keep covered.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place steaks on cooking grating and sear on each side while still on PREHEAT. See diagram in the Cooking Guide section for the perfect "steak house" look. Test for doneness, use an instant-read meat thermometer or cut a slit in the meat to check color.

Place steaks on serving plates and top with warm onion-pepper mixture.

**TIP** To seal foil wrap packages completely, always foil the edges together first, then fold the edges together two or three more times. This not only locks in the steam but also holds in all the juices while flipping the packet over..



## LEG OF LAMB

Makes 6 - 8 servings

1	8 – 10 lb.	Whole Leg of Lamb
2	Teaspoons	Fresh Mint

### Suggested Backwoods Wood Pellet Flavor: Hickory, Mesquite or Alder

Preheat barbecue on PREHEAT then reduce to MEDIUM.

Cut off excess fat, but not all of it. Sprinkle both sides of the lamb with the mint. Cover and refrigerate at least 1 hour.

Oil the cast iron grate(s) generously with olive oil to avoid sticking. Place lamb leg on cooking grating and sear on each side while still on PREHEAT then reduce to MEDIUM. After the lamb as been on the grill for 2 hours, switch to SMOKE mode for an hour.

Finally switch back to MEDIUM, bring internal temperature to 160°F. Total cooking time should be approximately 20 minutes per pound. Test for doneness using an instant read meat thermometer into the thickest part of the leg, making sure not to touch a bone. Allow the meat to rest for 10-15 minutes, slice and serve with fresh mint.

