



## **Advantages of Grilling food**

Grilling is a popular cooking method that involves cooking food on a grate over direct heat, allowing for even cooking and a distinct smoky flavor.

Follow the below guidelines for a safe grilling method...

- Preheat the grill / Clean all residue / Oil the grill grates
- Season the food / Place it on the grill / Let them sear for a few minutes
- Flip the food once a crisp, golden-brown surface is formed / Use tongs or a spatula to avoid piercing the meat and letting juices escape
- For thicker meat cuts - lower the heat after searing, or move the food to a cooler part of the grill to cook through more slowly
- Use a food thermometer to ensure the ideal internal temperature is met - (165°F - chicken, 145°F - pork, and 130°F - medium-rare beef)
- After grilling, let the food rest for a few minutes to allow juices to redistribute, especially for meat. This ensures it stays juicy and tender.

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### **Advantages of grilling vs Deep frying & Hot plates**

- Healthier Option : Grilling causes excess fat to drip away from the food, making it a healthier option compared to deep frying, where the food absorbs oil. Grilled foods tend to be lower in fat.
- Flavor : The smoky flavor from the grill is often one of the most sought-after characteristics of grilled food. It imparts a unique, charred flavor that is not found in other cooking methods.

- Preserves Nutrients : Since grilling typically cooks food quickly, it helps preserve nutrients like vitamins and antioxidants that may be lost during long cooking times in water or oil.
- Fewer Calories : Since grilling doesn't require additional fat or oil, grilled food tends to be lower in calories than deep fried foods
- Easier Cleanup : Once the cooking is completed, cleaning up the grill is relatively simple with a brush.
- Outdoor Cooking and Socializing : Grilling done outdoors is fun, and a great social activity in BBQs, picnics, and gatherings

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## **Conclusion:**

Grilling is a healthier and more flavorful alternative to deep-frying or stove cooking. It provides a unique smoky flavor, reduces fat, preserves nutrients, and is a more enjoyable method for social gatherings. Of course, the best cooking method depends on the food and the occasion, but grilling is certainly a solid choice for many meals!

**\* STAY SAFE STAY HEALTHY \***

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