

## Beef Grilled to Perfection

Step up your grilling game with these tips and tricks that result in the best steaks, burgers, kabobs, and more.

- Make sure to pre-heat your grill before putting any meat on the grill. Just like an oven, grills must be pre-heated to make sure meat is cooked at the right temperature for the entire cooking time. Don't rush the process. Cooking at a medium heat enables the beef to reach optimal caramelization while still developing rich flavors.
- Ensure beef is dry before putting it on the grill. If you dry your meat before grilling, you will end with a nice, crispy, and savory skin at the end. Seasonings will also stick to the surface better and not run off with the extra moisture.
- Don't forget the thermometer. Be sure to keep track of the internal temperature for the best possible steaks and burgers. Ground beef should always be cooked to an internal temperature of 160°F, while muscle cuts, like steaks, should be cooked to an internal temperature of at least 145°F.
- Try mixing it up and adding a marinade or seasoning to give your beef just a little bit of extra flavor. Marinading your beef will bring you to the next level when it comes to grilling.

**Rare\***  
125°F

**Medium Rare\***  
135°F

**Medium**  
145°F

**Medium Well**  
150°F

**Well Done**  
160°F





## Pork Grilled to Perfection

Use these tips and tricks become a natural grill master when cooking up pork chops and pork burgers this summer.

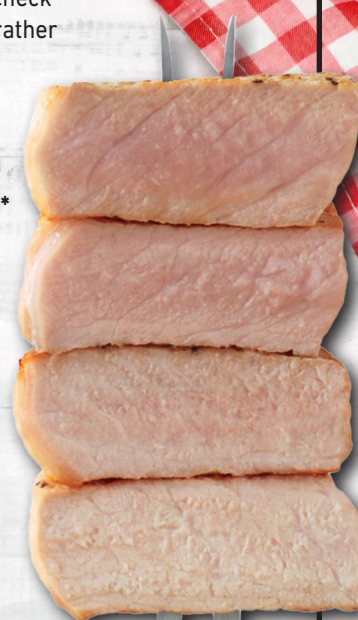
- Make sure to pre-heat your grill before putting any meat on the grill. Just like an oven, grills must be pre-heated to make sure meat is cooked at the right temperature for the entire cooking time.
- Safe internal cooking temperatures can vary depending on the different cuts you are preparing. For ground pork, the temperature should always reach an internal temperature of 160°F. Cuts that come from the pork loin, like pork chops, should reach a minimum internal temperature of 145°F.
- Be cautious of the utensils you are using while grilling pork. Be sure to use metal spatulas or tongs for turning instead of sharp utensils that may pierce the pork when flipping. If pierced, it will result in releasing some of the internal juices that provide a savory taste to your pork.
- Be attentive. Watch your meat throughout the cooking time to avoid overcooking or burning. Always use a cooking thermometer to check the internal temperature of your meat rather than guessing based on color.
- Take the time to season your pork before cooking. There are lots of dry seasonings that taste great in pork burgers and on pork chops, but marinades can add great flavor and moisture for extra juicy pork chops. Sauces added during the grilling process are great for flavor, too – just be sure to watch sugar-based sauces carefully as they can burn if applied too early.

**Medium Rare\***  
145°F-150°F

**Medium**  
150°F-155°F

**Medium Well**  
155°F-160°F

**Well Done**  
160°F



*Image courtesy of the National Pork Board*