



Culinary Institute  
of America

# BBQ Boot Camp

Day 1: Mise en Place,  
Grilling and Broiling



# Learning Objectives

- Effectively set up a kitchen workstation and organize your mise en place.
- Discuss safety precautions for grilling and barbecuing.
- Identify appropriate tools/equipment used for grilling and barbecuing.
- Compare and contrast grilling, broiling, and barbecuing.
- Describe the steps involved in the grilling process.

# Learning Objectives

- Discuss the procedure for “marking” an item.
- List and apply various methods to test for doneness .
- Discuss a variety of tips for achieving superior result, and troubleshooting mistakes.
- Compare and contrast brines, marinades, and rubs.

# Kitchen Responsibilities

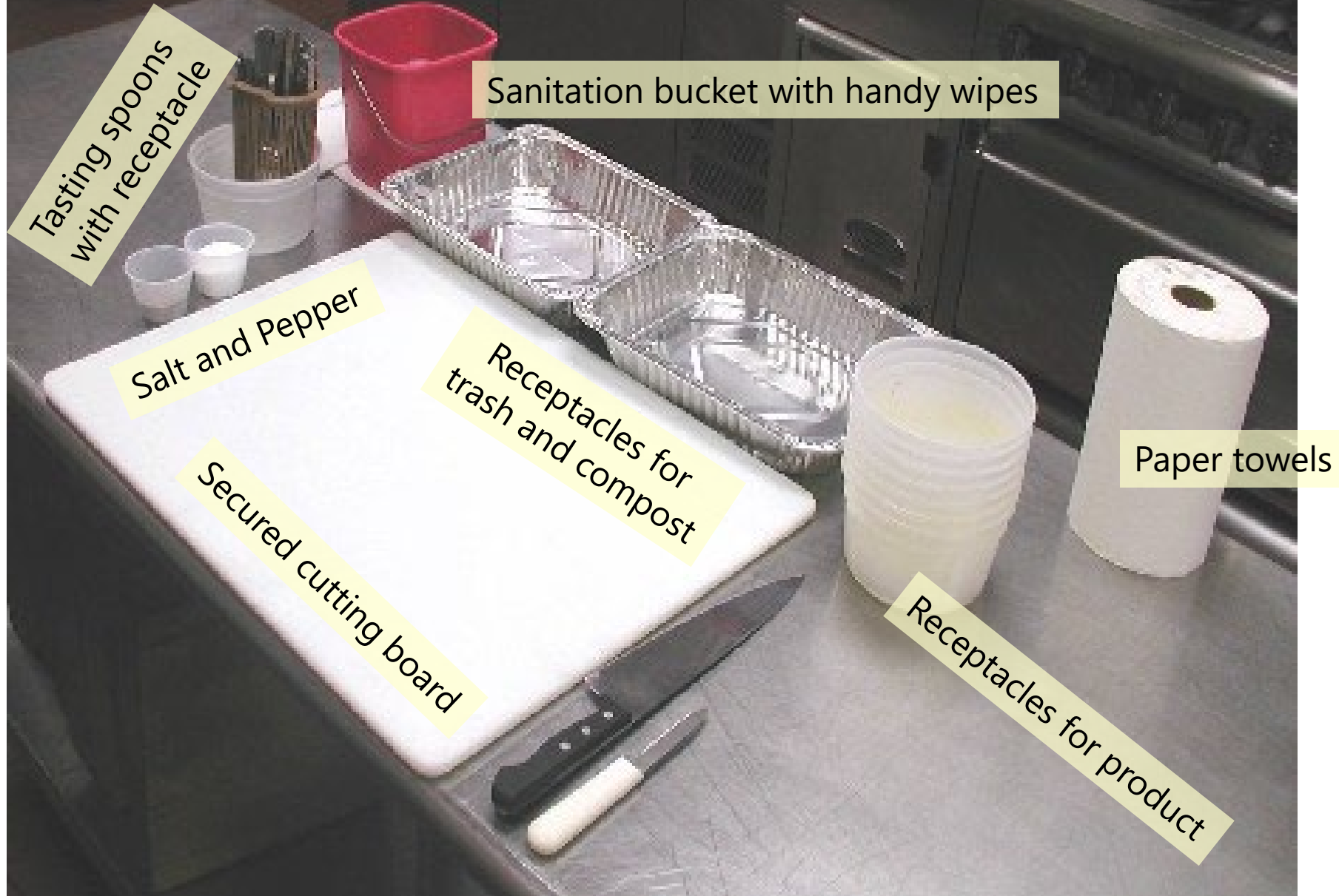
- Keep stations clean.
- Properly handle and store all food.
  - NYS law – when handling “ready-to-eat” food items...if you don’t cook it, glove it!
  - Wash hands, cutting boards, knives, when switching between meats and vegetables.
- Clean all small equipment as you go.
  - Student workers will put them away.
- All pots, pans, and cutting boards go on the rolling rack.
- At end of class, kitchens need to be left clean!
  - Student workers will remove all trash and compost.

# Mise en Place

- French term for “everything in its place”
- What does this mean?
  - A clean, organized workstation
  - Recipe mise en place
  - Prep time vs. service
  - Physically ready to cook
  - Mentally prepared to cook – proper state of mind!



# Mise En Place Starts at the Work Station



# Mise en Place: Organization

- Set table and cutting board at correct height.
- Use bain-maries with hot water for tools.
- Set cutting board on sheet pan for messy jobs.
- Have a written daily plan - start with the **end** in mind.
- Use standardized recipes.
- Consolidate tasks (have one person cut all the onions, garlic, ...).
- Use timers and thermometers (when necessary).
- Use the right equipment for the job!



# Mise en Place: Workflow

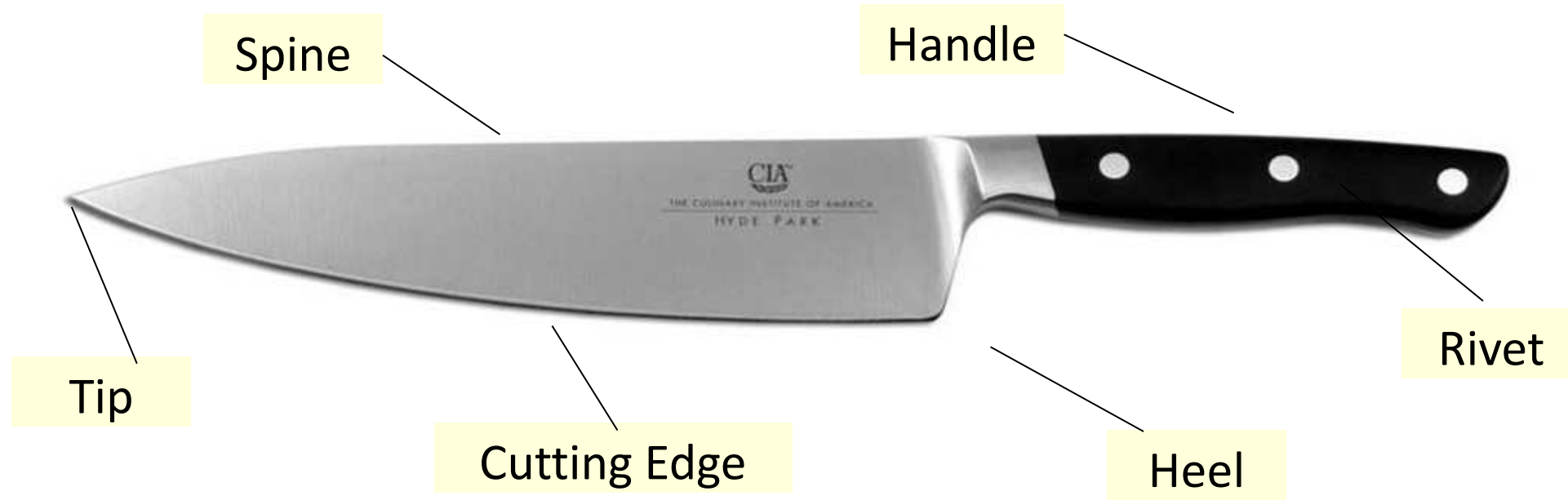
- Set up workstation to facilitate flow of product
- Establish a direction of flow:  
Raw product → product being prepped → finished product
- Avoid crowding your station or cutting board
- Avoid crossing over the work completed
- Volume preparations requires keeping food safety in mind
- Hot food held hot, cold food on ice



# Recipe Mise en Place

- Read through the recipe in its entirety before starting.
- Understand all terms and definitions. Ask questions!
- Check yield, temperature, cooking times.
- Gather ingredients before preparation time: FIFO – First In First Out.
- Complete the “pre” steps.
- Accurately measure or weigh each ingredient.
- Follow the listed steps in order.
- Time cooking periods accurately.

# Anatomy of a Knife



# Knife Selection

Use the RIGHT knife for the job!!

French Knife



chopping, slicing, dicing,  
mashing

Paring Knife



peeling, trimming, and shaping  
fruits and vegetables

Boning Knife



cutting meat away from bones

# Knife Selection

## Slicer



slicing cooked meats and poultry

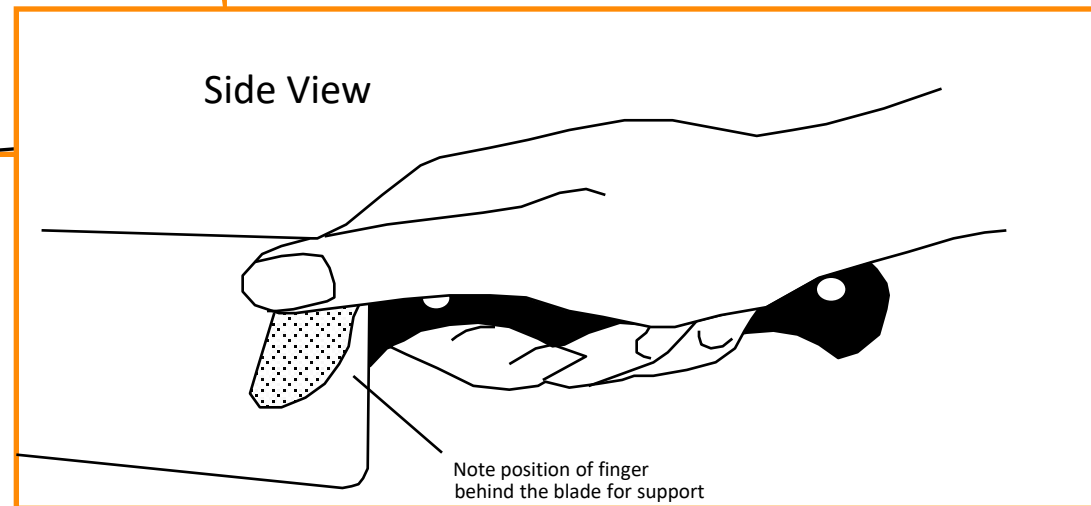
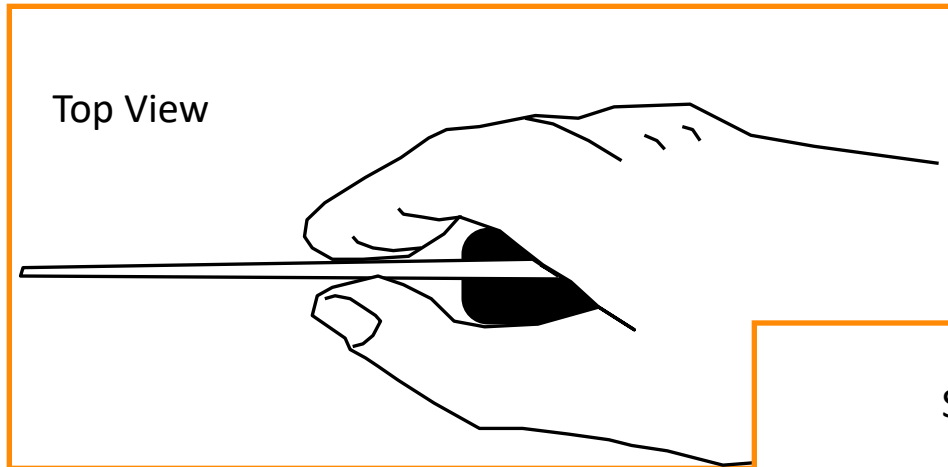
## Serrated Knife



slicing through the crusts of bread

# Holding a Knife

Grasp the knife by the handle, allowing your thumb and index finger to rest on the blade for support.



# Knife Safety

- Always use a sharp knife!
- Hold the knife firmly in your hand and cut away from your body.
- Always use a cutting board.
- Place knives on flat surfaces, away from the table edge, with the blade facing away from you.
- Keep knives in clear sight, never covered.
- Do not grab blindly for a knife. If a knife falls off the table, do not attempt to catch it.
- Pass a knife to someone using the handle, never the blade.
- When walking with a knife, carry it with the point down.

# Grilling & BBQ: Safety

- Do not let foods set out (un-refrigerated) for more than 2 hours.
- Use long-handled equipment.
- Use sturdy, safe equipment.
- Follow the manufacture's operating and safety instructions.
- Grill outside in a well-ventilated area.

# Grilling & BBQ: Equipment

- Gas grills
- Charcoal grills
- Smokers
- Grills
- Broilers





# Grilling & BBQ: Equipment



- Tongs
- Spatula
- Sheet pans
- Grill brush
- Mops
- Hand rack

# Grills: Gas vs. Charcoal

	Pros	Cons
<b>Gas</b>	<ul style="list-style-type: none"><li>• Quick fire</li><li>• Clean</li></ul>	<ul style="list-style-type: none"><li>• Must fill tanks</li><li>• Burner layout not ideal for some cooking</li><li>• Need high BTUs</li><li>• Not ideal as a smoker</li><li>• Large, heavy</li><li>• Expensive</li></ul>
<b>Charcoal</b>	<ul style="list-style-type: none"><li>• Hot as you want it</li><li>• Can serve as a smoker</li><li>• Lighter, portable</li><li>• Less expensive</li></ul>	<ul style="list-style-type: none"><li>• More time to create fire</li><li>• Messy</li><li>• Must maintain fire</li></ul>



# Grilling/ Broiling vs. BBQ

## Grilling

- High direct heat
- May involve smoke
- Tender items
- More expensive, more tender cuts
- Short cooking time

## BBQ

- Indirect Low n Slow heat: 225°F – 250°F
- Generally involves smoke
- Less expensive, less tender items
- Longer cooking time

# Grilling vs. Broiling



## What's the difference?



# Broiling vs. Grilling

Heat located **above** food



Heat located **below** food

# Grilling and Broiling

- Lightly charred exterior, moist interior, slightly smoky flavor
- Characteristics of items to be grilled/broiled
  - Tender
  - Have intramuscular fat content (if possible)
  - Portion size
- Foods suitable for grilling/broiling
  - Meats
  - Seafood
  - Vegetables (tender, high moisture content)
- Sauces are made separately; very versatile

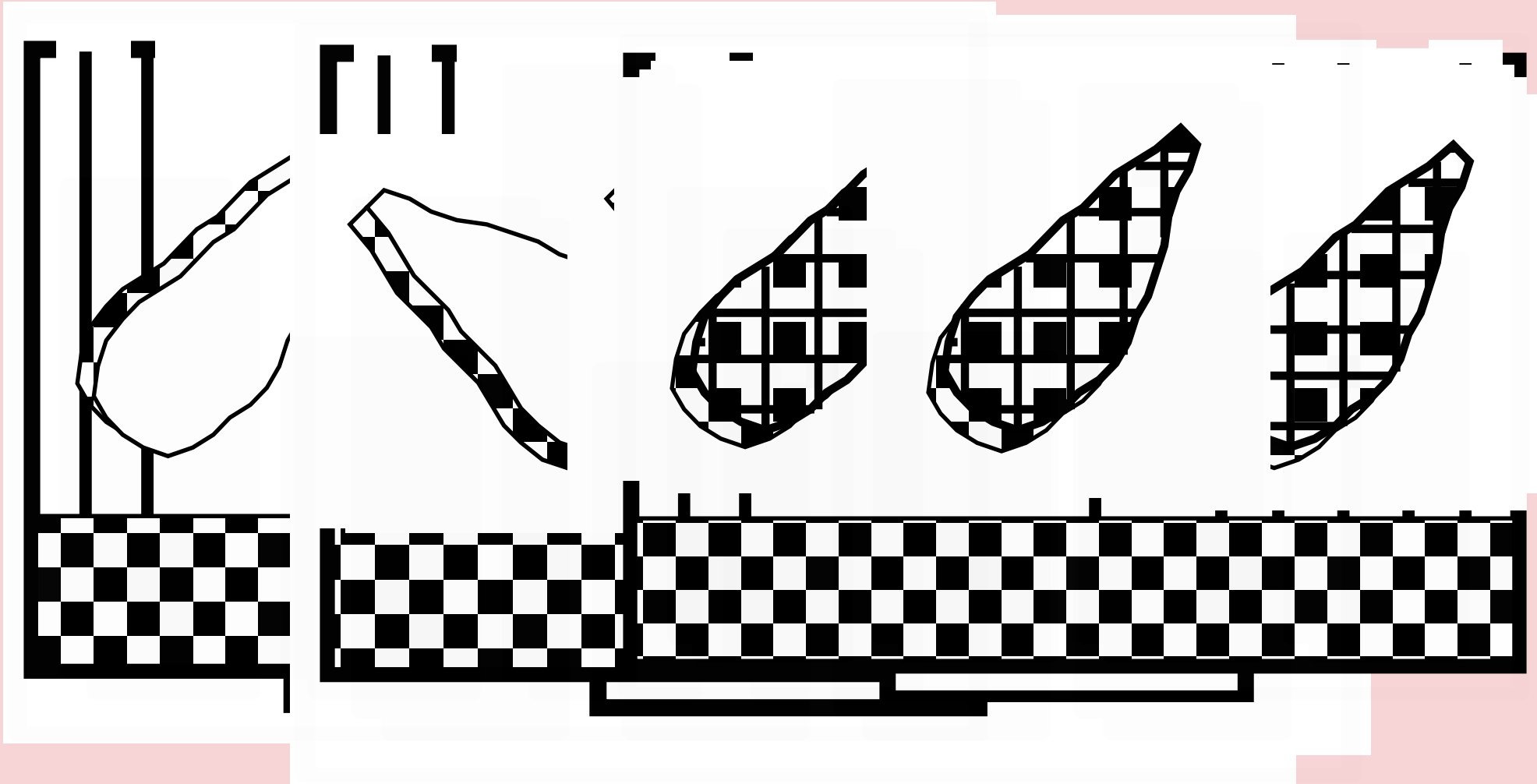
# Grilling: Method

1. Thoroughly clean and preheat grill.
2. Brush grates with oil.
3. Season/ marinate main item.
4. Brush item with oil if necessary to prevent sticking.
5. Place item on grill. Use hand grill for delicate foods like fish.
6. Rotate item 90° to make crosshatch marks, if desired.
7. Turn item over and cook to desired doneness.





# How to Mark an Item





# Grilling and Broiling Tips

- Gather all equipment and ingredients before starting.
- **Clean grill**
  - While grill is hot, scour grates with a wire brush.
- **Season grill**
  - Wipe grates with a towel dipped in oil.
  - Proper seasoning will:
    - Prevent food from sticking.
    - Enhance caramelization.
    - Produce a cleaner end product.
    - Eliminate transfer of flavors from previous meal.

# Grilling and Broiling Tips

- Do NOT distribute charcoal in an even layer on a charcoal grill.
- Create temperature zones on the grill by mounding more charcoal on one side of the grill.
- Create hot, medium, and low temperature cooking zones.
- Leave a burner on low or medium on a gas grill



# Searing



- High, intense heat (500°F or higher)
- Short amount of time
- Produces golden brown color
- Caramelization results in BIG flavor
- Does NOT seal in juices

# Applying Appropriate Heat

- For **thin items**
  - Cook quickly at high heat
- For **medium-thick items**
  - Start at high heat
  - Finish on cooler area of grill/broiler
- For **thick items**
  - Start on high heat
  - Finish on sizzle platter in oven



# Grilling/ Broiling Tips



## While grilling

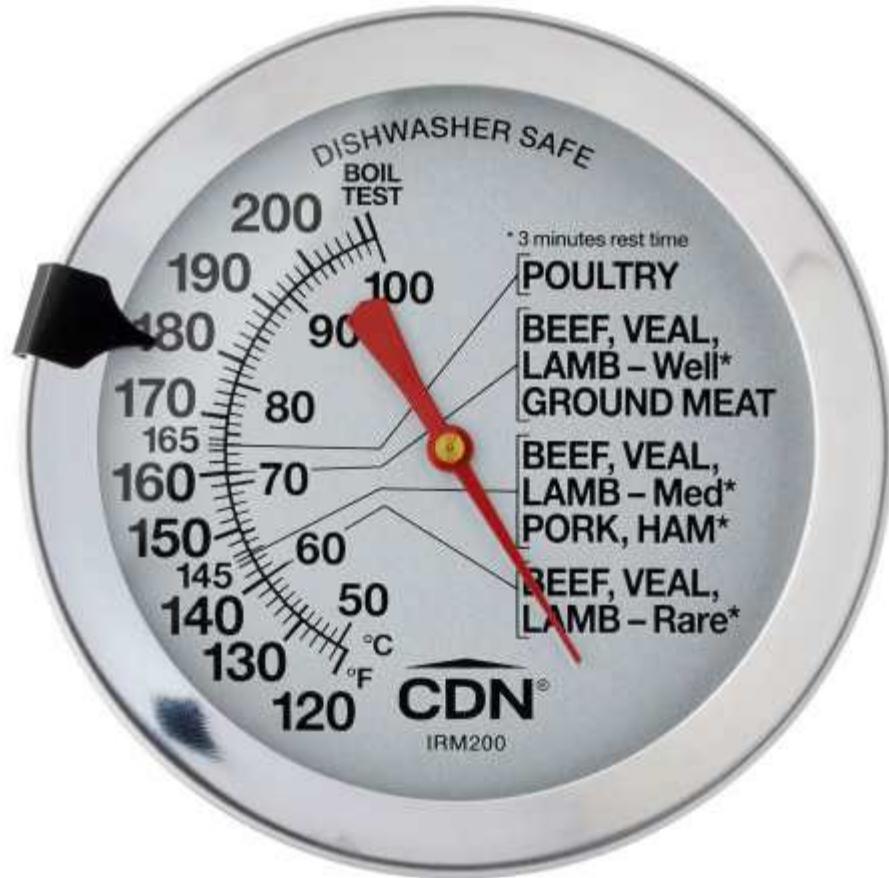
- Grill/broil food at the last possible moment
- Let food sit on grill until it releases
- Do not turn or move food too quickly
- Never pierce items after cooking

## Using sauces

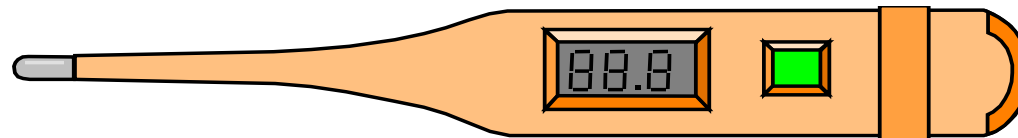
- Baste at end of cooking process to create a glaze
- Do not baste with sauce over direct heat
- Sauce often better served on the side



# Internal Temperatures for cooked foods



Food	Temp
Seafood	145°F
Poultry	165°F
Pork	145°F
Veal	145°F
Beef	145°F
Vegetables	140°F



# Grilling and Broiling: Troubleshooting

PROBLEM	CAUSE	SOLUTION
<b>Excessive flare-up; Dark, oily, sooty appearance</b>	Too much fat or grease	Drain marinade well before grilling. Wipe with paper towel to remove excess oil. Use meat with lower fat content.
<b>Dirty food surface, food surface with burnt bits or crumbs</b>	Grill not properly seasoned or cleaned	Preheat the grill 30 minutes before use. Brush rods with wire brush and wipe with oiled cloth. Repeat throughout cooking process as needed.
<b>Foods sticking to surface</b>	Grill not properly seasoned or cleaned	Clean and season grill. Keep grill rods well lubricated.
	Food has minimal natural fat	Lightly coat lean food items with oil before placing on grill.

# Grilling and Broiling: Troubleshooting

PROBLEM	CAUSE	SOLUTION
<b>Charred/ burnt exterior, raw/ undercooked interior</b>	Grill too hot	Lower grill temperature. Sear or mark in a hot zone. Allow to finish in a cooler spot or in an oven.
<b>Pale, indistinct grill marks; Excessive cooking time</b>	Grill too cold	Pre-heat grill for at least 30 minutes. Allow grills to recover temperature between batches.
<b>Improperly formed grill marks</b>	Poor marking technique	Follow proper marking procedures.



# Marinades and Brines

## Marinades

- Contain oils, acids, and aromatics
- Adds flavor, moisture, and color

## Brines

- Contain water, salt, sugar, and aromatics
- Add moisture to naturally dry meats



# Rubs



## Dry Rubs

- Mixture of salt, sugar, herbs, spices, etc.

## Wet Rubs

- Dry rub mixed with a little oil, vinegar, wine, citrus juice, etc. to form a paste



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Any Questions?