

# Just Grillin - Backyard BBQ Starter Guide

## Essential BBQ Gear Checklist

- Charcoal or gas grill
- Long-handled tongs and spatula
- Meat thermometer
- Chimney starter (for charcoal)
- Grill brush
- Aluminum foil & drip pans
- Basting brush and spray bottle

## Understanding Grill Heat Zones

Grilling is all about controlling heat. Here's how to set up your zones:

- Direct Heat: Right over the flames - perfect for steaks and burgers.
- Indirect Heat: Side of the grill - great for chicken, ribs, or roasts.
- Two-Zone Setup: One side hot, the other cool for flexibility.

## Meat Temperature Cheat Sheet (Internal Temps)

- Chicken (whole or pieces): 74C / 165F
- Beef (rare): 50C / 125F
- Beef (medium): 60C / 140F
- Pork: 63C / 145F
- Fish: 63C / 145F

## 3 Easy Starter Recipes

1. BBQ Chicken Thighs - Marinate in olive oil, lemon, garlic, paprika. Grill on medium heat for 6-7 min per side.

2. Classic Burgers - Season with salt and pepper. Grill over high heat for 3-4 min per side. Add cheese at the end.

3. Smoky Veggie Skewers - Zucchini, peppers, onion chunks. Brush with olive oil and grill on medium-high for 5-6 mins.

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