

Kitchen Helper BBQ Grilling Chart

MEAT	PREPARATION	GRILLING
BEEF Grilling Steak <ul style="list-style-type: none"> • T-Bone/Wing • Rib-Eye • Tenderloin • Sirloin • Striploin 	<ul style="list-style-type: none"> • Brush with <i>Kraft</i> BBQ Sauce such as <i>Kraft</i> Regular, <i>Kraft</i> Garlic, <i>Kraft</i> Chick'n Rib or Sweet 'n Sour Barbecue Sauce during last 10 to 15 min. of grilling. Serving tip <ul style="list-style-type: none"> • Cut cooked meat into strips and serve over bed of lettuce. 	<ul style="list-style-type: none"> • GRILL over medium-high heat, turning only once. • 1/2 to 3/4-inch thick: Rare - 3 to 5 min. Medium - 5 to 7 min. Well done - 7 to 9 min. • 1-inch thick: Rare - 5 to 7 min. Medium - 7 to 9 min. Well done - 9 to 11 min.
MARINATING STEAKS <ul style="list-style-type: none"> • Round • Flank 	<ul style="list-style-type: none"> • Pierce steak several times. Marinate steak in <i>Kraft</i> BBQ Sauce, <i>Kraft</i> Signature Sundried Tomato & Oregano Dressing or <i>Kraft</i> Zesty Italian Dressing for 20 to 30 min., or overnight in the refrigerator. Cooking Tip <ul style="list-style-type: none"> • Not recommended to cook past medium, as meat will become tough. 	<ul style="list-style-type: none"> • GRILL over medium heat, turning only once. • 1/2 to 3/4-inch thick: Rare - 3 to 5 min. Medium - 5 to 7 min. • 1-inch thick: Rare - 5 to 7 min. Medium - 7 to 9 min.
HAMBURGERS	<ul style="list-style-type: none"> • Mix 1/4 cup of <i>Kraft</i> BBQ Sauce and/or Grated Parmesan into 1 lb of ground meat. 	<ul style="list-style-type: none"> • GRILL on medium heat for 15 min., or until done. There should be no pink meat. • TOP with <i>Kraft</i> Singles Process Cheese Food Slices.
KABOBS	<ul style="list-style-type: none"> • Marinate beef cubes in <i>Kraft</i> House Italian or Zesty Italian Dressing overnight. 	<ul style="list-style-type: none"> • GRILL over medium heat for 10 to 12 min. • BRUSH with additional <i>Kraft</i> Dressing or <i>Kraft</i> BBQ Sauce while grilling.
CHICKEN BONE-IN PIECES	<ul style="list-style-type: none"> • Baste chicken pieces with <i>Kraft</i> BBQ Sauce • Marinate chicken breasts in <i>Kraft</i> Classics Herb Dressing, <i>Kraft</i> Caesar Dressing or <i>Kraft</i> Signature Sundried Tomato & Oregano Dressing 	<ul style="list-style-type: none"> • PREHEAT grill to medium-high heat. Grill chicken 2 to 3 min. to crisp skin. Move chicken to side of grill; close lid and cook 30 min. for legs and breasts and 15 min. for wings.
CHICKEN BONELESS PIECES	Serving Tip <ul style="list-style-type: none"> • Cut chicken breasts into strips and serve over a Caesar salad 	<ul style="list-style-type: none"> • GRILL over direct heat on medium-high heat, basting often to keep chicken from drying out. Chicken breasts 15 min., kabobs 8 to 10 min. and satays 5 to 7 min.

