Flame-up Protection
Evenly Conducts Heat
Valleys Trap & Sizzle Juices
Perfect Sear Marks Every Time

GrillGrate. Eat Well.
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Welcome To GrillGrate

Dear Grate Customer,

Be prepared for what a difference a grate makes!

GrillGrates improve the functionality and effectiveness of any grill and solve many grilling challenges. Our patented three-dimensional design is highly conductive, evens out hot and cold spots, and converts much of a grill’s heat into infrared heat. The bottom plate blocks flare-ups, while the valleys trap juices that vaporize and sizzle back into the food for added moisture and flavor. GrillGrates will transform your grilling experience.

GrillGrate. Eat Well.

“The real secret to the unique flavor of grilled food is not the fuel, but the drippings. As these complex chemical solutions combust, they coat the food with a panoply of aromatic and delicious compounds.”

The Art and Science of Cooking, by Modernist Cuisine
Prior to First Use Clean Your Grease Trap
Inspect Your Burners And Flame Tents
Leave flame tents in place. Check for excessive grease and debris in the grill, and empty your grease trap. This will help prevent flames from igniting grease and debris in the bottom of your grill. Should a grease fire occur, turn off the burners and leave the lid closed until the fire is out.
Do not attempt to put out a grease fire with water.

Watch Your Heat - Your Grill Will Run Hotter!
The GrillGrate surface runs 150-300F/65-149C hotter than the temperature reads on your hood. Ideally you have a bit of space on either side (left and right) of your grill. That space will allow heat to escape from beneath the GrillGrates and help keep heat from building up under the GrillGrates.
Don’t handle or move GrillGrates while hot.

No High-Heat Burn-off!
High heat burn-off can remove the seasoning and damage your grill and grates. Unattended high heat burn-off is unsafe and unnecessary. When you are finished grilling, close down all the vents.

Watch for Sharp Edges!
Be careful of sharp edges especially on rounded GrillGrate sets for Kamado and round charcoal grills. Take precaution when handling and cleaning.

Do Not Use Skillets, Stones, Or Foils On Top Of GrillGrates
This can build and trap heat, and over time it can warp the GrillGrates.

Grill Brushes Should Be Checked On A Regular Basis
Grill brushes should be checked for loose bristles and replaced on a regular basis. Replace your brush if bristles are loose or are found on cooking grate.
**Charcoal & Kamado Grills**

Place GrillGrates on top of the existing grid when coals are no longer flaming and allow to warm up for 10 minutes. GrillGrates enable protected high heat “direct” grilling. This allows you to use more of your grill surface. GrillGrates reduce the need for indirect grilling and safe zones when grilling hot and fast on charcoal grills.

*Kamado Warning:* GrillGrates raise the temperature of the grill surface up to 300°F hotter than the dome temperature. If the dome temperature reads 750°F, the GrillGrate temp is likely to be 1000°F. Max heat 850F. GrillGrates melt at 1200F.

**Pellet Grills**

Preheat the grill with GrillGrates in place to the desired temperature. Your pellet grill will run hotter with GrillGrates and deliver true searing. GrillGrates enable higher heat cooks by concentrating the heat of the grill and driving the heat up the cooking rails. The end results are bold sear marks like you get on a traditional grill. GrillGrates convert a pellet smoker into a pellet grill and deliver bold sear marks.

*The dome temperature does not reflect GrillGrate surface temps. GrillGrate surface temps can be significantly higher.*
Gas Grill with GrillGrates
Preheat the grill with GrillGrates in place to the desired temperature. Your grill will run hotter with GrillGrates. GrillGrates eliminate hot and cold spots and improve the efficiency of gas grills.

Watch Your Heat!
Adjust your temperature down as you learn GrillGrates heat impact on your grill. If you have replaced your existing grates, your grill will run even hotter. GrillGrates trap more heat and run hotter on less gas.

Before First Use Clean Your Grease Trap
Inspect Your Burners And Flame Tents
Leave flame tents in place. Check for excessive grease and debris in the grill and empty your grease trap. This will help prevent flames from igniting grease and debris in the bottom of your grill. Should a grease fire occur, turn off the burners and leave lid closed until the fire is out. Do not attempt to put out a grease fire with water. Tip: Remove emitter trays on infrared grills.

Keep Hood Temperature Below 700F/371C
This avoids warping or burning your GrillGrates on gas grills. The GrillGrate surface runs 100-200F/38-93C hotter than the hood temperature reads!

If your hood temperature is 300F, then your GrillGrate temperature will be closer to 400F-450F.
Your gas grill is better than new with GrillGrates.

Even heating allows you to use all of your grill.

GrillGrates tame flare-ups.

Set-Up For Two Zone Grilling
When you have four or more GrillGrates on your grill you can disconnect them and put the gap in the center of your grill. This breaks the conductivity of the GrillGrates and allows you to create two heat zones on your gas grill. If you have a perfect fit front to back and side to side you may need to remove a panel for low heat cooks and 2-zone cooking. This will help prevent heat build-up.

Push Debris To The Back
Tight-fitting GrillGrates don’t have a space in the back to shovel debris off the GrillGrates into the grill. While this keeps the inside of your grill cleaner, it does result in buildup and debris on top of the GrillGrates. We suggest shoveling the debris to the back with the GrateTool. Periodically remove your GrillGrates and knock the debris off of them into the trash can.

Tips: Use the flat side of GrillGrates for an overall sear without the fat. Grill burgers, scallops, pizzas, steaks and more.

Grate Gas Grill Tips

Turn one side to low, the other to high. Disconnect the grates to create a space for 2 zone cooking.
Seasoning and Cleaning

Get the Seasoning Started
An onion creates a hard patina on the rails. Or use grill spray or canola oil sparingly on top of the raised rails the first couple of times you grill. This will become unnecessary as GrillGrates season with use. Avoid over-cleaning in the beginning to allow the grates to season.

Tips: Grill fatty foods the first few times until the grates have become non-stick. Don’t use olive oil. It smokes at 400°F and gets sticky.

Cleaning
Clean the rails during warm-up with a standard grill brush or pad. Less is more. The technique is more wiping than aggressive brushing. Use the GrateTool™ to keep debris out of the valleys. Semi-annually soak GrillGrates in hot soapy water and scrub with a sponge or brillo pad. With proper use & care, GrillGrates will outlast your grill!

Tips: Don’t perform a high-heat burn-off after grilling; this only bakes on debris. Turn off your grill and enjoy your meal. Brush GrillGrates during warm up for easy cleaning.

Grate Cleaning Tip

Warning: Do not put in the dishwasher, do not use oven cleaner, or harsh caustic cleaners.
Advanced GrillGrate Tips

Know your GrillGrate temperature by using an infrared laser thermometer. Instantly know the exact temp of your GrillGrate surface. Keep in mind, the GrillGrate surface temp is always higher than the hood temp.

A digital thermometer is essential. Grilling is not just about timing. It is about grilling to your ideal internal food temperature.

“Grilling without a thermometer is like driving without a speedometer!”

Meathead- Amazingribs.com

Two-Zone Grilling on gas grills is very effective with GrillGrates. Separate GrillGrates to create a gap to break the conductivity. Run one side hot to sear and the other side low or off to roast vegetables.

Place a small quantity of pellets or wood chips in the valleys five minutes before grilling to create instant smoke at grill temps above 400°F.

Flip your GrillGrates over for a flat surface to use as a griddle. You can grill vegetables and griddle your burgers and steaks!
Flank Steak

Ingredients:
- 1.5 pound flank steak will serve 4 people
- Cavender’s Greek Seasoning
- Canola Oil or Grill Spray

Preparation & Grilling:
Bring flank steak to room temperature. Rub or spray lightly with oil and season. Place steak slightly diagonal on GrillGrates. Lift and twist (1/2 twist) after 3 minutes. Turn steak at 5-6 minutes depending on how hot you are grilling. Grill to finish. Aim for internal temp of 120°F in the thickest part knowing that it will raise slightly and the thinner parts will be less rare.

**Grill High Heat 500-600°F at the GrillGrate surface.**
**Grill for a total of 5-6 minutes depending on thickness.**
**Rest 5 minutes before carving.**
**Slice thin on a sharp diagonal against the grain!**

Grill slices of slightly oiled italian bread and serve with sauteed onions and mushrooms for an open-faced steak sandwich.

Find this and many more recipes at: www.grillgrate.com/recipes
Grill Steak Like a Champion

GrillGrates Used by “World Championship Steak Cookoff®” Champions for Eight Years Running

You will stop ordering steaks at restaurants once you’ve grilled your best steak at home with GrillGrates! A steak’s flavor comes from fat (marbling), a perfect fire starter resulting in charring flare-ups which can quickly ruin a steak. With GrillGrates your steak is protected in a moist, sizzling environment, sear-marks are “flavor bars”, and drippings are “flavor bombs”! The infrared heat generated by GrillGrates cooks meat juicier more tender.

The secret to a perfect steak is:

• High Heat
• Minimal Flare-Ups
• Flavorful Juices Sizzling Below the Steaks

TIPS

• Grill Steaks HOT 550-700°F at the GrillGrate (500-600°F at the dome on a gas grill). Dial in the sear marks from golden brown (550°F at the GrillGrate) to crunchy dark (700°F+).

• Use an Instant Read Thermometer and grill to your perfect internal temperature.
  120°F Rare • 130°F Medium Rare • 140°F Medium
Turkey Burger

Ingredients:
For every 1 1/2 pounds of ground turkey add:
1/2 package of dried onion soup
1 tbsp soy sauce
1 egg (or use 2 egg whites)
2 tbsp of finely chopped fresh green onions
2 tbsp of finely chopped fresh parsley, or 1 tbsp dried parsley flakes
1 tbsp sweet red pepper finely chopped

Preparation & Grilling:
Combine ingredients in a bowl and form patties. Place on grill and quarter turn at 5 mins.

Grill Med/High Heat 450-500°F at the GrillGrate surface.
Grill for total of 12-15 minutes.

Add your favorite toppings: red onion, lettuce, avocado, carrot slaw etc.

Find this and many more recipes at: www.grillgrate.com/recipes
Meet the Perfect Hamburger

No more broken, burned, or dry burgers. Flare-ups and sticking are the two biggest challenges when grilling hamburgers. With flare-ups tamed, you can confidently fill the grill with hamburgers, and take it another level with stuffed burgers, lean burgers, turkey, and portobello mushroom burgers. The GrateToo™ makes turning burgers an art form, not a hope and a scrape. Leaner meats will not dry out. Grill lean beef hotter and a bit faster for juicy medium rare.

• Try turning your GrillGrates over for a griddled burger. With GrillGrates you can decide if you want your burger grilled or griddled!
• Briefly place lean, soft patties in the freezer to firm up before grilling.

Hamburgers Will Be Juicier, Plumper, and Perfectly Seared

Mac & Cheese Stuffed Burger

Juices vaporize in the valleys for added moisture & flavor.
Bacon Wrapped Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 8 thick slices of bacon (our personal favorite: pepper bacon)
- Wooden toothpicks

Preparation & Grilling:

Wrap each chicken breast with 2 thick slices of bacon and secure with wooden toothpicks. Place on grill and roll and twist every 5 mins.

**Grill Med/High Heat 450-500°F at the GrillGrate surface.**
**Grill for a total of 15-20 minutes.**

Serve with your favorite grilled vegetables.

Don’t forget to remove the toothpicks!

Find this and many more recipes at: www.grillgrate.com/recipes
Juicy Chicken Without the Bonfire

Your bird will have the tastiest and crispiest skin ever. Try cooking your poultry skin side down to start, using a lower temperature than normal. The end result is beautiful golden brown skin.

GrillGrate Sear Mark Temps:
350-450°F Golden Brown
500-600°F Dark Brown

As an alternative to grilling the whole bird, try spatchcocking for a quicker, more even cook. See how easy it is to spatchcock poultry on grillgrate.com

TIPS

• Sauce away! Don’t wait until the end of the cook to apply BBQ sauce and marinades. No flare-ups and the sauce sizzling in the valleys brings added moisture and flavor.

• Grill to internal temperature of 165°F for juiciest results.
Beer Bath Brats

Ingredients:
Your favorite bratwursts and your favorite beer

Preparation & Grilling:
Place brats on the preheated GrillGrates and rotate every 4-5 mins. When the brats split, give them a beer bath by pouring your favorite beer over the brats. Beer will soak into the brats and sizzle in the valleys for amazing flavor.

**Grill Med/High Heat 450-500°F at the GrillGrate surface.**
**Grill for a total of 12-15 minutes.**

Find this and many more recipes at: www.grillgrate.com/recipes
Pork, Lamb and Other Meats

With GrillGrates you’ll grill more than restaurant quality steaks and burgers. Pork will be juicier and not dried out. Lamb and duck fats can be extremely flammable. GrillGrates block the flare-ups and keep the juices sizzling in the valleys.

- Grill lamb to rare or medium rare only, as it tends to taste gamey at well done temperatures.
- Try Reverse Sear (slow roast followed by a hot sear) for large cuts of meat, such as Crown Rib Roast, Prime Rib, Rack of Lamb. Watch the How-To video on grillgrate.com
Sizzling Marinated Salmon

Ingredients:
- 4 Salmon Filets
- Gourmet soy ginger-teriyaki type sauce

Preparation & Grilling:
Marinate salmon in a bowl for a few hours ahead of time or just before grilling. Wipe vegetable oil on GrillGrates, if they are dry. Place filets on GrillGrates. Turn after 3-4 minutes with The GrateTool™.

Grill Med/High Heat 400-500°F at the GrillGrate surface.
Grill for total of 8-10 minutes.

Serve with grilled potatoes and bok choy, or grill along with any of your favorite vegetables.

Find this and many more recipes at: www.grillgrate.com/recipes
Don’t be Afraid of Fish & Seafood

Grill Fish Without Sticking or Falling Apart

No more fish baskets or foil. Grill even the most delicate flaky fish such as halibut, sea bass and trout. The GrateTool™ makes it possible to keep fish intact and handle with ease so filets won’t break apart or stick to the grill. Oil first then lightly season, with or without marinade. Grill salmon, tuna, mahi, tilapia hot and fast like a steak.

TIPS

• Use two skewers on scallops & shrimp so they don’t spin when turned.
• Save some marinade to pour over the fish during grilling for sizzling flavor. Your grill never sounded so good!
## Stuffed Sweet Onion

**Grill and Bake Mouthwatering Cheese & Bacon Stuffed Sweet Onion**

### Ingredients:
- 6 large sweet onions, peeled, and with the bottoms trimmed off
- 1/2 cup soft butter
- 1 cup blue cheese crumbles
- 8-10 slices of chopped cooked bacon
- 8-10 grinds of black pepper
- 1 teaspoon dried thyme
- 1/4 cup olive oil

### Preparation & Grilling:

With a small knife scoop out the center of the onion to create an onion “cup” for the filling. Brush onions with olive oil and sear on grill for 4-5 mins. Turn onions 90 degrees for another 4-5 mins. Remove the onions from the grill and turn the grill down to “medium” 350-400°F. Combine the ingredients in a bowl and fill each onion cup. Wrap stuffed onions in aluminum foil. Grill the onions for 20-30 minutes with lid down. Remove from foil and serve.

- **Grill onion cups at High Heat 500-600°F at the GrillGrate surface for approx. 8-10 mins.**
- **Grill stuffed foiled onions at Med Heat 350-400°F for 20-30 mins.**

Find this and many more recipes at: [www.grillgrate.com/recipes](http://www.grillgrate.com/recipes)
Grill Veggies for “Grate” Health

Grilling is one of the healthiest ways to get the most out of your vegetables as natural sugars caramelize for the best flavor. Simply toss with olive oil and cracked pepper and grill at 400-450°F. Slice (thick), cut in half, or quarter your vegetables.

Squash, beets, potatoes, peppers, eggplant, onions, and zucchini are best cut in half or quarters.

Use two skewers on smaller veggies e.g. brussels sprouts, mushrooms, small squash, fingerling potatoes so they don’t spin when turned.

• Use a second grill or two-zone your grill for vegetables. Sear meats on one side, and roast vegetables on the other.
• Coat corn on the cob with mayonnaise and seasoning and grill “naked”.

Learn more at: www.grillgrate.com
Breakfast Pizza

Ingredients:
All ingredients can be pre-cooked the previous night. Making breakfast pizza is fast and easy with everything made ahead!
1 Mama Mary’s original pizza crust
3 hard boiled eggs chopped
3 pre-cooked red potatoes cut into chunks
6 strips of crispy bacon crumbled
6 cooked spicy or mild sausage patties crumbled
1 cup white country sausage gravy
1 cup of shredded cheddar cheese

Preparation & Grilling:
Rub or spray olive oil onto the bottom of the crust. Spread 1/2 of the gravy over crust. Add bacon, sausage, egg and potatoes. Pour remaining gravy and sprinkle cheese over the top.

Place pizza on pre-heated GrillGrates and grill on low heat with lid down. Every 5 minutes lift and quarter turn the pizza with the GrateTool.™

Grill Low/Med Heat 350-400°F at the GrillGrate surface. Grill for approx. 20 minutes.

NOTE: Judge the initial sear marks after 5 minutes to get an indication of how hot you are cooking. If the sear marks are dark when you lift the pizza to check the bottom, you are cooking too hot. Turn down the heat.
Grill “Grate” Pizzas and Quesadillas

Fresh, Frozen, or Pre-Made Crusts, Pizza is Simply Amazing

No need for fancy equipment, pizza stones, or a pizza oven. GrillGrates grill pizza to perfection at 400°F. By keeping GrillGrate temp at or below 400°F, you crisp not char your crust. This allows for longer baking times for the toppings to cook.

Get creative with Quesadillas & Pizzas on the grill. Find these and other great recipes on grillgrate.com

TIPS

• Find partially baked pizza crusts from Mama Mary’s or Boboli in the deli section of your supermarket.

• Every 2-3 minutes lift using the GrateTool™ and quarter turn the pizza to uniformly crisp the crust, and to check if your temp is too high.
Appetizers

Fill the grill with appetizers and soon your grill will be surrounded by “grateful” people.

Grill foods previously thought too delicate for the fire, such as ravioli, egg rolls, and garlic bread. The GrateToo!™ makes handling small, tasty bites easy with no lost soldiers falling through the grill.

Hit the frozen food section of your grocery store for “grate” appetizers!

Find this and many more recipes at: www.grillgrate.com/recipes
Desserts

Turn down the grill after dinner for a “grate” grilled dessert. Fruit pizzas and chocolate quesadillas are a warm sweet treat after a nice meal. Fruits caramelize and get sweeter. Grilled pineapple soaked in rum and paired with ice cream is delicious.

TIPS

• Use the GrateTool™ as a marshmallow stick to make S’mores and place cracker with chocolate on top on the grates. No campfire required!
• Soak fruit in your favorite liqueur or brandy. We like Grand Marnier!
Tools and Accessories

**Grate Griddle**
Place on top of your GrillGrates or interlock them. Also doubles as a defrost plate.

**GrateTongs**
Innovative new design. Part tongs, part GrateTool.™ Handle food with even more confidence!

**Infrared Laser Thermometer**
Measures temperature of GrillGrate surface without contact. Accurate from up to 5' away. Laser pointer for accurate aim. Bright backlit display. Reads temperatures up to 1000F.

**Grate Digital Thermometer**
Quick read stainless steel food probe. Cover doubles as a handle. Great value.

**Comprehensive Cleaning Set**
Everything you need to maintain your GrillGrates. Includes the Grate Valley Brush, one package of the Groover Grill Cleaner, one package of Grill Wipes, the Commercial Cleaning Brush, the Grate Detailing Tool and Scraper, and the Grate Scrubbie Brush.

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