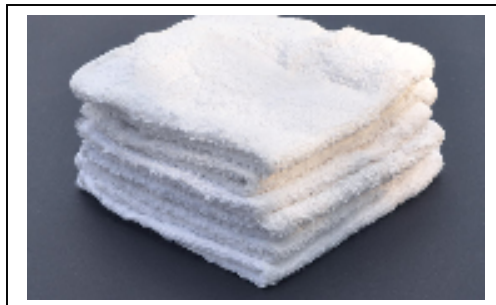


Grill Skills 101

How to Grill a Chicken Breast

You will need

- 1 Grill with gas or with charcoal
- 1 Spatula
- 1 Wire Brush
- 1 Washcloth, hand, terry cloth
- 1 Chicken Breast, skinless, boneless, trimmed
- 1 Bowl
- 4 oz. Vegetable Oil
- 1 tsp. Seasoning Mix
- 1 Drink (Beverage of your choice)



Directions

Get the grill "HOT"!! About 400F for home grills and 750F + for the professional grills. Place chicken breast in bowl with 1 oz. of oil and 1 tsp. of seasoning depending on the size of the chicken breast. Massage seasoning into the chicken breast. Set aside.



To prepare the grill, brush rails with a wire brush, get them clean from ash, charred pieces or any residue. Dip cloth into oil. Wipe rails with cloth.



Lay the salmon on the rails of the grill at a 45° angle. Cook the chicken breast for 4-5 minutes or so. The outside edge of the chicken will turn brown and juice will rise on the top of the chicken breast. Turn chicken breast over and make sure that the lines on the chicken are straight and in line with the rails on the grill. Let the chicken cook for 4-5 minutes. The chicken will begin to turn brown and the juice will rise on the top. This is a medium done chicken that is very moist. Two sets of stripes on each side of the chicken breast. Cook longer on each side for more well done but only turn the chicken breast one time.

