

Using Infrared

Why Infrared?

Infrared grilling is a very high heat grilling. Temperature at the infrared burner surface can be about 1,800° F or 760° C and at the cooking surface the temperature will be around 1,400°F or 982°C.

This high heat is searing and sealing in juices, mostly used for red meats and sushi grade fish such as Tuna.

What is Infrared?

We are all familiar with infrared... Our sun. It is a form of electro-magnetic energy with a wavelength just greater than the red end of the spectrum. Most materials readily absorb infrared energy causing an increase in temperature. The infrared rays from the sun travel through the vacuum of space, through our atmosphere and penetrate to our skin. This causes increased molecular activity in the skin and generates heat which allows us to feel the warmth of the sun.

Infrared in Barbecues

Infrared burners are made from flat plates of ceramic tiles or fine steel mesh. The gas ignites and burns at the surface. The surface glows red hot and emits the same type of infrared heat as glowing charcoal does. Infrared burners are easier to control than charcoal. The surface is flat and therefore emits a uniform heat. The infrared burners can be adjusted and you can control the heat output. Traditional gas burners heat food differently. The air surrounding the burner is heated by combustion of the gas and then rises to the cooking surface. This generates lower cooking temperatures than infrared that are ideal for more delicate cuisine such as seafood, chicken or vegetables.

Infrared Grilling Guide

Food	Setting	Time	Suggestions
Steak 1" Thick	High - 2 Min' each side	4 Minutes - Rare	When selecting meat, choose well marbled cuts. Fat acts as a natural tenderizer when cooking resulting in moister and juicier foods.
	High - 2 Min' each side Then medium setting	6 Minutes - Medium	
	High - 2 Min' each side Then medium setting	8 Minutes - Well Done	
Hamburger ½" Thick	High - 2 Min' each side	4 Minutes - Rare	When making patties do not overwork or compress meat. You can vary the thickness of patties to achieve different doneness. Thaw if frozen.
	High - 2½ Min' each side	5 Minutes - Medium	
	High - 3 Min' each side	6 Minutes - Well Done	
Chicken Pieces	High - 2 Min' each side Then Medium Low to Low setting	20 - 25 Minutes	Break joint so that pieces will lay flatter on the grill and cook more evenly.
Pork Chops	Medium	6 Minutes per side	Trim excess fat.
Spare Ribs	High Setting for 5 Minutes Low to finish	20 Minutes per side Turn often	Cook until meat pulls easily off the bone.
Lamb Chops	High Setting for 5 Minutes Medium to Finish	15 Minutes per side	Trim excess fat. Thicker cuts will be more tender.
Hot Dogs	Medium - Low	4 - 6 Minutes	Slit skins before grilling.