

DAD SPICE

The Grilling Cheat-Sheet — grill times, pull temps & doneness

Meat	Grill heat	Time	Pull temp	Rest
Steak (1 in)	High, direct	2–3 min / side	130–135°F (med-rare)	5 min
Burger	High, direct	3–5 min / side	160°F	2–3 min
Chicken breast	Med-high	6–7 min / side	165°F	5 min
Chicken thigh	Med-high, 2-zone	7–8 min / side	175°F	5 min
Pork chop (1 in)	Med-high	4–5 min / side	145°F	5 min
Salmon	Med-high	6–8 min skin down	125–130°F	3 min
Shrimp	High, direct	2–3 min / side	Pink & opaque	—
Brats	Medium, 2-zone	15–20 min total	160°F	3 min

5 rules for a perfect cook

- 1. Season generously.** Coat every side with Dad Spice “The Classic” so you can see it — a bold crust is the goal.
- 2. Use a thermometer.** An instant-read thermometer beats guessing every time. Temps above are the target.
- 3. Pull a few degrees early.** Meat keeps cooking as it rests, so pull it just before the target temp.
- 4. Rest before slicing.** Resting lets the juices settle back in, so they stay in the meat, not on the board.
- 5. Hot grill, clean grate.** Preheat fully and oil the grate so food sears instead of sticks.

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