

4-H Grilling Virtual

- **Meal:**
 - **2-4 Grilled Chicken Breasts** flavored with the **Tennessee Chicken Barbecue Sauce Recipe**
 - **4 Grilled Zucchini, Squash, Red Potato, and Grape Tomato Shish Kabobs**
 - **2 Grilled Corn on the Cob**

- **Preparation Time:**
 - **Food Preparation - 30-35 minutes**
 - **Grill Preparation - 5-10 minutes**
 - **Grilling - 25-30 minutes**
 - **Basic Grill Cleanup - 10-15 minutes**
 - **TOTAL TIME - 1 1/2 HOURS**

- **Ingredients:**
 - **Meat**
 - 2-4 Chicken Breasts (boneless and skinless)
 - **Produce**
 - 1 medium green Zucchini
 - 1 medium yellow Squash
 - 4 medium Red Potatoes
 - 8 small red Grape Tomatoes (optional for shish kabobs)
 - 2 yellow Sweet Corns on the Cob (pre-shucked)
 - **Sauce**
 - Olive Oil
 - Apple Cider Vinegar
 - Tabasco
 - Worcestershire
 - Basil
 - Oregano
 - Salt
 - Black Pepper
 - Garlic Powder

- **Tools for Preparation:**
 - 1 Knife
 - Cutting Board
 - Liquid Measuring Cup
 - Dry Measuring Cups
 - 8-10 Cardboard Heavy Duty Paper Plates
 - 4 Shish Kabob Skewers (if using wood skewers, presoak for 20-30 minutes in water to keep skewers from burning on the grill)

- **Tools for Grilling:**

- 1 Large Sauce Pot
- 1 Small Sauce Pot
- 2 Sauce Brushes
- Gas Grill
- Meat Thermometer
- 2 Sets of Meat Tongs
- Vegetable Tongs
- Grilling Tongs
- 2 Knives
- Grilling Mat
- Cooking Spray
- Aluminum Foil
- Pot Holder / Grilling Gloves
- Paper Towels
- Container of Clean Water and Washcloth (if not close to a water source)
- Container of Soapy Water and Washcloth (if not close to a water source)

- **Preparation:**

- **Tennessee Chicken Barbecue Sauce:**

- Combine the following ingredients into Large Sauce Pot:

- 1/4 Cup Olive Oil
- 1/2 Cup Apple Cider Vinegar
- 1 1/2 Tablespoon Tabasco
- 1 1/2 Tablespoon Worcestershire
- 1 Teaspoon Salt
- 1/2 Teaspoon Garlic Powder

- Stir with Brush.

- Cover with Aluminum Foil.

- **Shish Kabob Sauce:**

- Combine the following ingredients into Small Sauce Pot:

- 1/4 Cup Olive Oil
- 1/2 Teaspoon Basil
- 1/2 Teaspoon Oregano
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Black Pepper

- Stir with Brush.

- Cover with Aluminum Foil.

- **Shish Kabobs:**

- Wash and cut the following vegetables into thin, round slices:

- Zucchini
- Squash
- Red Potatoes

- Assemble vegetables onto shish kabob skewers.
 - Place a grape tomato on first, pushing almost to the end of the skewer (leaving about 2 inches on the skewer).
 - Rotate placing zucchini, squash, and red potato slices onto the skewer.
 - Place a grape tomato on last, to seal off the vegetables stacked on the skewer. Try to leave about 2 inches from the end of the tomato to balance the skewer.
 - Make all 4 shish kabobs.
 - Place on a plate and cover in aluminum foil.
- **Corn:**
 - Wash and remove any corn silks or shucks from the corn on the cob.
 - Tear a sheet of aluminum foil the size of a sheet of notebook paper.
 - With the dull side of the aluminum foil to the inside, place your corn inside the aluminum foil, leaving about 2 inches at the top and the bottom. The shinier side of the aluminum foil placed to the outside helps hold the heat in better when grilling.
 - Roll your corn inside of the aluminum foil, until completely wrapped.
 - Twist the ends of the aluminum foil to help create ends for picking up the corn.
- **Grilling:**
 - Follow the directions on your gas grill for lighting your grill.
 - Make sure to have all your utensils and supplies ready to go before you light your grill.
 - Basic gas grill safety includes:
 - Make sure all burners are turned off before turning on the gas.
 - Turn on the gas by following the directions on the gas tank.
 - Turn on the burner that is connected with the igniter.
 - Push the igniter button to light the grill.
 - Once the gas makes a connection to the grill and the grill is lit, turn on each burner that you plan on using.
 - Turn each burner on low and let the gas burn for a couple of minutes to burn the gas smell off and let your grill warm up.
 - If you are using a Grilling Mat, place that on your grill with tongs.
 - If you are not using a Grilling Mat, then make sure you have sprayed your grill grate with a cooking spray or wrapped in aluminum foil prior to turning the gas on.
- **Directions for Grilling:**
 - To keep your raw chicken and vegetables from touching while cooking, plan to section off cooking areas on your grill grate before placing any item on the grill.
 - **Chicken (25-30 minutes - Grilling Time)**
 - If using a grilling mat, place your chicken on the grilling mat together and closest to the lower end of the grate. This will keep the chicken juices

combined, allow for easier access to basting, and keep the liquid runoff from the sauce and meat better contained.

- Always place the chicken on the grill grate first.
- Turn your gas grill to medium - high.
- Sear each side of the chicken before applying sauce in order to avoid cross contamination by using the brush on raw chicken and cooked chicken.
- Also, if you have more than one set of meat tongs, flip chicken with “raw” tongs.
- After the first two flips and sear on each side, now apply sauce with even strokes. To avoid dripping sauce, dip brush in sauce, and then drain the brush against the edge of the pot. Never place your sauce pot on the grill, as it could turn over and cause fires.
- Now that the chicken has been seared, switch to clean meat tongs and continue to use those as you are grilling.
- Repeat the process of flipping and saucing your chicken every couple of minutes.
- Adjust your gas grill knobs and temperatures as you notice your meat grilling. Maintaining it roughly on medium and then eventually moving to low should ensure even grilling.
- When you have been grilling for about 20-25 minutes, take your largest piece of chicken off the grill. Using the meat thermometer, check for doneness.
- Place the meat thermometer in the thickest part of the breast. Degree of doneness should range from 165 degrees Fahrenheit to 180 degrees Fahrenheit for safe consumption of chicken.
- If your chicken is ready, flip it once on each side for just a few seconds, without saucing, to cook off any extra sauce flavor.
- Place the chicken on a plate and cover with aluminum foil.
- **Shish Kabobs (25-30 minutes - Grilling Time)**
 - Place your shish kabobs on your grilling mat, separate from the chicken. If you are limited on space on your grill grate, just make sure to keep your vegetables placed as much away as you can from the chicken to keep the sauces from blending or the chicken and shish kabobs from touching when you flip them.
 - Shish kabobs will be fairly easy to maintain while grilling the chicken. They only need to be turned over a couple of times to ensure even cooking on all sides of the vegetables, especially the red potatoes.
 - When the red potatoes are tender, take your shish kabobs off the grill, place on a plate, and cover with aluminum foil.
- **Corn (25-30 minutes - Grilling Time)**
 - The corn requires the least amount of attention while grilling.

- In fact, once the chicken is seared, the corn can be placed anywhere on the grill grate, away from the chicken and shish kabobs. The aluminum foil will keep it from sticking to the grill grate.
 - The corn should be rolled at least once while grilling to ensure even cooking.
 - Once the chicken and the shish kabobs are ready, the corn should also be ready.
- **Basic Cleanup:**
 - Be sure to follow the directions on your gas grill for basic cleanup of your grill.