



The Ultimate Grilling GUIDE

FRESH IDEAS.
BETTER FLAVOR.
EASIER ENTERTAINING.

Welcome to Grilling Season

There's nothing like summer in Michigan: warm evenings, patio dinners, fresh produce, and the unmistakable smell of the grill heating up for family and friends. At Nino Salvaggio International Marketplace, we believe great grilling starts with quality ingredients, smart preparation, and simple techniques that let fresh flavors shine. Whether you're cooking steaks, seafood, vegetables, kebabs, or burgers, this updated guide is designed to make outdoor cooking easier, more flavorful, and more enjoyable. Forget complicated chef jargon or outdated grilling rules. Today's grilling is about fresh ingredients, simple preparation, better tools, cleaner flavors, and relaxed entertaining. Let's fire it up!

• THE EASY GRILLING CHECKLIST •



• PREP THE GRILL •

Clean grill grates with a grill brush before heating

Lightly oil grates to prevent sticking

Check propane levels or charcoal supply

Preheat the grill for 15–20 minutes



• PREP THE INGREDIENTS •

Season proteins ahead of time

Cut vegetables evenly for consistent cooking

Pat meats dry before grilling for better browning

Keep sauces nearby for finishing



• PREP THE SPACE •

Have clean platters ready

Use separate trays for raw and cooked foods

Keep long tongs and a thermometer nearby

Finish side dishes before grilling starts

• GRILL SAFETY & FOOD SAFETY •



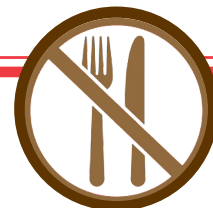
• KEEP THESE BASICS IN MIND •

Never leave a hot grill unattended

Keep children and pets away from the grill area

Use long-handled tools

Keep a spray bottle or fire extinguisher nearby



• FOOD SAFETY TIPS •

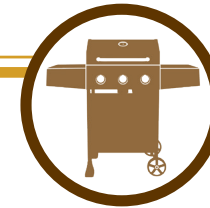
Keep raw meats refrigerated until ready to cook

Use separate cutting boards for meats and veggies

Wash hands after handling raw proteins

Never reuse marinades that touched raw meat

• GAS VS. CHARCOAL: WHICH IS BETTER? •



• GAS GRILLS •

BEST FOR:

Convenience • Weeknight grilling
Precise temperature control
Faster cleanup



• CHEFS' TIPS •

- Preheat thoroughly
- Keep burners clean
- Use indirect heat for thicker cuts



• CHARCOAL GRILLS •

BEST FOR:

Smokier flavor • Higher heat searing
Traditional grilling experience



• CHEFS' TIPS •

- Let coal ash over before cooking
- Create heat zones for better control

• UNDERSTANDING GRILL HEAT •

• DIRECT HEAT •

Food cooks directly over the flame.

BEST FOR:

Burgers • Steaks • Shrimp
Hot dogs • Vegetables

• INDIRECT HEAT •

Food cooks beside the flame with lid closed.

BEST FOR:

Chicken pieces • Larger cuts
Ribs • Pork tenderloin

• MODERN GRILLING ESSENTIALS

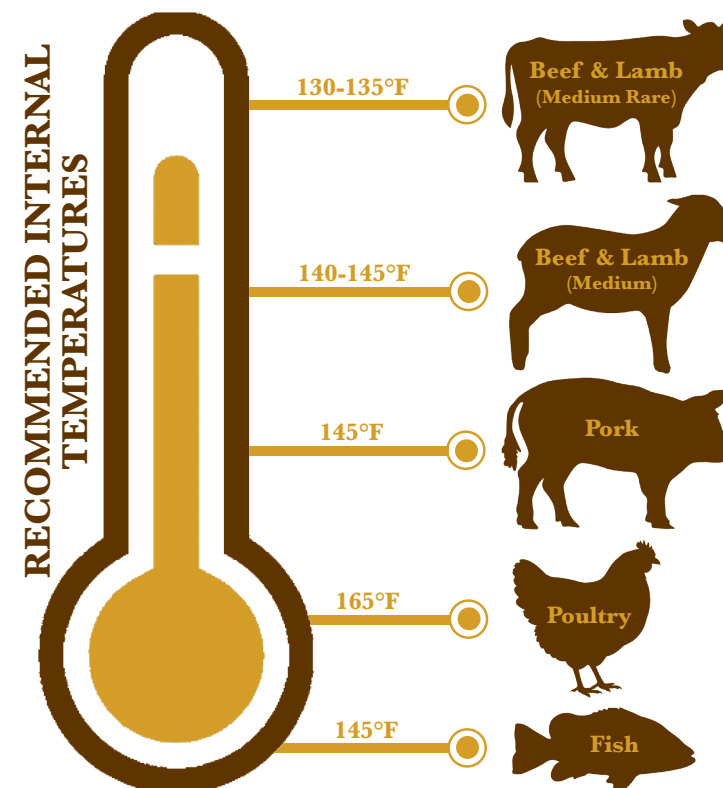


• CHEFS' TIPS •

A digital thermometer is your best friend

Guessing leads to overcooking

Use an instant-read thermometer for consistently great results



• THE SECRET TO A BETTER STEAK? • START WITH QUALITY MEAT

Nino's premium beef selections are hand-cut for excellent flavor and grilling performance.



• GOOD MARBLING •



• EVEN THICKNESS •



• BRIGHT COLOR •



• FRESH CUT STEAKS •



KEEP SEASONING • SIMPLE •

Kosher salt

•

Fresh cracked pepper

•

Garlic

•

Fresh herbs

•

Olive oil



SIMPLE • STEAK TIPS •

Bring steaks closer
to room temperature
before grilling

•

Pat dry before seasoning

•

Use high heat
for flavorful crust

•

Flip only once when possible

•

Let steaks rest 5–10
minutes before slicing



MARINADE • FLAVORS •

Lemon herb garlic

•

Honey dijon

•

Mediterranean oregano

•

Soy ginger sesame

•

Balsamic rosemary

• GRILLING VEGETABLES LIKE A PRO •



BEST VEGETABLES • FOR GRILLING •

Zucchini • Bell peppers • Corn
Mushrooms • Asparagus • Eggplant
Red onions • Broccolini

• CHEFS' TIPS •



- Toss lightly with oil
- Cut evenly
- Use grill baskets for smaller pieces
- Finish with fresh herbs, citrus,
or Parmesan



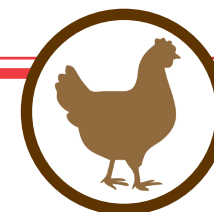
BEST SEAFOOD • FOR GRILLING •

Salmon • Mahi Mahi • Halibut
Shrimp • Swordfish • Tuna steaks
Lobster tails • Scallops

• CHEFS' TIPS •



- Oil the grates well
- Avoid overcooking
- Use medium-high heat
- Grill fish skin-side down first
- Fish is ready when it flakes easily



BEST CHICKEN • FOR GRILLING •

Boneless thighs • Wings • Drumsticks
Split breasts

• CHEFS' TIPS •



- Marinate ahead for flavor
- Use indirect heat for bone-in pieces
- Sauce near the end to
prevent burning
- Always cook to 165°F



BEST KABOBS • FOR GRILLING •

PROTIEN & VEGGIES:
Chicken • Steak • Shrimp • Pork • Red onion
Zucchini • Peppers • Mushrooms

• CHEFS' TIPS •



- Cut pieces evenly
- Don't overcrowd skewers
- Soak wooden skewers pre grilling
- Rotate every few minutes

• ADD SMOKE FLAVOR WITHOUT A SMOKER •

Place soaked wood chips in a foil pouch over the heat source.



• HICKORY •



• APPLEWOOD •



• CHERRY •



• MESQUITE •



Grilled Chicken Kabobs

SERVINGS: 6

INGREDIENTS:

1-1/2 pound boneless skinless chicken breast cut into large bite-sized pieces
2 tbsp. olive oil
1 lemon juiced
4 garlic cloves minced
1 tsp. paprika
1/2 tsp. cumin
1/4 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. black pepper
1 large red onion cut into thick slices
2 bell peppers cut into squares
Vegetable oil for greasing the grill
Chopped parsley for serving

INSTRUCTIONS:

1 In a medium bowl, combine the olive oil, lemon juice, garlic, paprika, cumin, cinnamon, salt and pepper. Add the chicken pieces to the mixture and mix well to combine. Allow the chicken to marinate in the fridge for at least 30 minutes, or up to 8 hours. **2** Preheat the grill to medium-high heat, and grease the grill with vegetable oil. **3** When ready to grill, thread the chicken onto the skewers, with the vegetables in between the chicken kabobs. Pour any leftover marinade on top of the chicken kabobs. Makes 6-9 skewers. **4** Grill the chicken kabobs until fully cooked and golden brown, about 10-15 minutes, turning the skewers every couple minutes to allow for even cooking. **5** Remove the chicken from the grill and serve with Lebanese rice or any other sides, if desired.



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