Title Page:

Using the 10" Square Lodge Grill
Easy Cooking and Cleaning

1. Opening

Hi!
I'm Doc Newman. In this brief video I would like to share with you how easy it is to use the 10" Square Lodge Grill.

If you're like me, you LOVE to barbeque outdoors.
But if, like me, you live in a city, that's probably not easy to do.

The next best thing is to use the 10" Square Lodge grill. You will be amazed how close your food tastes outdoor grilling.

2. The grill currently sells for $25. It comes with an excellent non-stick coating right from the factory so there is no need to "pre-season" the grill to get it ready. The trick to enjoying the grill is to simplify the maintenance.

3. We'll discuss details later but all you need to do to maintain the non-stick coating is:
   a. Use the grill regularly
   b. Put on a light coat of vegetable oil immediately **before** cooking
   c. Clean the grill in a way that avoids disturbing its non-stick properties

4. Let's talk about cooking with the grill first Here is the grill straight from storage on an open shelf, clean and ready to use any time. **{1}**
   a. (Numbers generally correspond to the order of photos.)

5. Cooking
   a. I use the grill on a gas stove but it can be used on electric ranges or even induction stovetops as well.
   b. You can cook beef, pork, poultry, fish or vegetables. They all come out great.
   c. Here's a ribeye steak that has been salted and coated lightly with olive oil. You can see the fat that will certainly leave grease in the grill that will need to be cleaned. **{2}**
   d. Right before cooking is the best time to lightly season the grill with vegetable oil using a paper towel. Don't use too much oil. I put oil on the paper towel by covering the bottle mouth with the towel and inverting the bottle for a second and then transfer the oil to the grill. I usually wet the towel 3 times. You have to get into the crevices as well as all surfaces that will come in contact with the food or splatter. Not only does the oil prevent sticking as you cook but the oil also carmelizes with the high heat and becomes part of the grill's long-term non-stick surface. **{3,4}**
   e. After seasoning with oil, while the grill is **empty**, heat the grill to about 500° by turning up the flame to maximum for 5 minutes. **{5,6,7}**
   f. Keep the grill on a back burner with the exhaust hood running to capture any smoke from the heating oil. **{8}**
   g. Then put your food on and turn down the heat to medium high (425°) or

as appropriate for your recipe. If possible, let the food cook at least 3 minutes on each side to completely avoid sticking. You can just use tongs to turn the food. **{9}**

h. I always use a screen splatter guard while cooking to reduce smoke and to keep the stove and surrounding areas clean. An excellent splatter guard is available for $9.95 on Amazon. Adjust the screen to permit some of the smoke to escape so that the moisture is not trapped and the food is not steamed. **{10}**

i. Take the food off the grill and let it rest for about 5 minutes before cutting into it or eating it. Boy does that look and smell good. Wait until you taste it! **{11}**

j. When you are done cooking the food, turn off the heat and move the grill off the hot burner to avoid unnecessary smoke. Remember that the handle is likely to be hot. So use some sort of mitt. Leave the splatter screen in place until the grill cools. **{12}**

k. The stove is usually pretty clean but may need a quick wipe to remove any stray splatters. **{13}**

6. There are some alternative ways of cooking that deserve mention
   a. Many people, including my father, prefer to sear the food in the grill on the stovetop for 3 minutes on each side and then move the grill into the oven to finish the interior of the food. That's not my own choice but I know many people who use the grill that way.
   b. Certain foods, such as shrimp or white fishes, may need less cooking time or lower heat. The only issue is that the food has a greater tendency to stick if cooking time is less than 3 minutes on a side or if the temperature is below about 375°. For those cases, you may need to use a spatula to separate the food from the grill. Consider a slightly heavier coating of oil before starting (I have never actually done that).
   c. If you use an induction range, pre-heat the grill over medium heat for 10-15 minutes before adding the food to keep the heat distributed more evenly. You can tell when the grill is ready by wetting your hand and flicking water onto the grill. When the grill is ready, the water doesn't actually wet the grill, instead the water forms beads and skitters across the surface.

7. Now let's get to cleaning the grill.

8. Cleaning the grill
   a. By the time you are done with your delicious meal, the grill will be at or close to room temperature and ready to clean. Naturally, excess fats and other food products will have accumulated in the pan during cooking. **{14}**
   b. I used to use Ivory Liquid and let the grill soak for a few hours to avoid damaging the non-stick properties but recently switched to Dawn with no problem so far. I find that 15-20 of soaking the pan with hot tap water and two squirts of Dawn let's me clean the grill from any food with three paper towels. Then rinse the grill thoroughly. **{15-19}**
   c. (You do not need to boil water, scrub the grill, or heat the grill during cleaning. That will damage the non-stick coating!)
   d. Pour out the rinse water and remove most of what remains with one more paper towel.

e. Then heat the grill, **<u>empty</u>**, on a burner with the flame turned up high for **3 minutes**. This completely dries the grill to avoid rusting and finishes carmelizing any residual food or oil, not only ensuring it is clean but also further improving the grill's non-stick properties. You can let the pan sit right on the hot burner after you turn it off. Remember that the handle will be hot at this point so use a mitt if you do move it. I usually leave the small handle mitt that is available for the grill on the handle at this point so it serves as a warning to others that the grill handle may be hot. **{20-22}**

f. **DO NOT PUT ANY OIL ON THE GRILL AT THIS POINT!**

g. I never oil the grill before putting it away. That is messy and risks getting oil on other objects in the pantry. Worse yet, If the grill sits for more than a week or two, the oil will begin to smell as the oil oxidizes and becomes rancid.

h. Once cool, your pan is ready for short- or long-term storage. Clean, dry, no smell, and ready for use any time you want it. **{23}**

9. One warning
   a. The only time I ever had a problem cleaning the grill was when I cooked meat with a thick, sugar-based glaze. Not only did it smoke and splatter terribly but cleaning the grill was a real nuisance. I recommend that if you use a sugar or honey based glaze as a marinade, you wipe most (not all, but most) of the glaze from the food before cooking. Transferring the grill to the oven instead of cooking entirely on the stovetop might be vert helpful in this case.

10. So, enjoy your Lodge grill. It's simple to care for and is the next best thing to an outdoor barbeque.

11. Feel free to visit our website at Advice4Docs.com where you can obtain the photos and text for this video.

12. Thank you!