DAD SPICE

The Ultimate Grilling Cheat-Sheet • times, temps & doneness

Stick it on the fridge or by the grill. Always confirm with an instant-read thermometer.

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
Hot dogs	Med, direct	5–7 min total	Hot throughout	—
Veggies	Med-high	8–12 min total	Tender-crisp	—

Steak temps

Steak doneness	Pull at
Rare	120–125°F
Medium-rare	130–135°F
Medium	140–145°F
Medium-well	150–155°F
Well done	160°F+

Dad's 5 rules

1. Season big. Coat every side with Dad Spice so you can see it — a bold crust is the goal.

2. Trust the thermometer. Temps beat guessing. Pull a few degrees early; carryover finishes the job.

3. Rest before slicing. Juices settle back in, so they stay in the meat, not on the board.

4. Two-zone fire. A hot side to sear, a cool side to finish thick cuts without burning.

5. Clean, oiled, hot grate. Preheat fully so food sears instead of sticking.

How to use Dad Spice: about 1 tbsp per pound. Oil the food (not the grate), coat every side, and let it sit ~10 min before it hits the heat.

Subscribers are entered in our monthly drawing for a free bottle of Dad Spice.