

General Tips for All Indoor Grills

Always preheat your grill. Even with electric models, preheating ensures a proper sear and more even cooking.

Dry your ingredients. Pat meat, fish, and vegetables dry before grilling. Excess moisture can create steam instead of browning.

Use high-smoke-point oils. Oils like avocado, canola, or grapeseed are best for indoor grilling and reduce the chance of smoke.

Don't overcrowd the grill. Leave space for air and heat to circulate. Overcrowding leads to steaming, not grilling.

Let your food rest after grilling. Just a few minutes help juices redistribute and keep your proteins tender.

HEAT SETTING TIPS

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graph LR; A((HEAT SETTING TIPS)) -.-> B((THIN CUTS  
(1/2 INCH OR LESS))); A -.-> C((THICK CUTS  
(1 INCH OR MORE))); A -.-> D((VEGETABLES)); A -.-> E((SANDWICHES/  
PANINIS)); B -.-> B1[Preheat on medium-high.  
Cook 2-5 minutes per side depending on protein.  
Great for: sliced chicken breasts, thin steaks, or tofu strips.]; C -.-> C1[Sear at high heat, then reduce to medium or finish in oven (for cast iron).  
Use a thermometer to check doneness without cutting.  
Great for: bone-in chicken, ribeye, or thick eggplant slices.]; D -.-> D1[Lightly coat in oil and season before grilling.  
Cook at medium heat for best texture, don't char too fast.  
Great for: zucchini, bell peppers, mushrooms, onions.]; E -.-> E1[Use medium heat to toast bread evenly without burning.  
If cheese isn't melting fast enough, lower the heat and add a press for even weight.];
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THIN CUTS (½ INCH OR LESS)

- Preheat on medium-high.
- Cook 2–5 minutes per side depending on protein.
- *Great for: sliced chicken breasts, thin steaks, or tofu strips.*

THICK CUTS (1 INCH OR MORE)

- Sear at high heat, then reduce to medium or finish in oven (for cast iron).
- Use a thermometer to check doneness without cutting.
- *Great for: bone-in chicken, ribeye, or thick eggplant slices.*

VEGETABLES

- Lightly coat in oil and season before grilling.
- Cook at medium heat for best texture, don't char too fast.
- *Great for: zucchini, bell peppers, mushrooms, onions.*

SANDWICHES/ PANINIS

- Use medium heat to toast bread evenly without burning.
- If cheese isn't melting fast enough, lower the heat and add a press for even weight.