

HOW TO Grill Chicken JUICY Breast In 5 EASY Steps!



Despite being one of the most common and enjoyed foods in the United States...

Many home cooks are intimidated when it comes to grilling the humble chicken breast.

Let's face it, we've all had to eat overcooked, dry, tasteless and tough meat at some point or another in our lives. Unfortunately, it's just all too easy to overcook this lean cut of poultry...

HOWEVER, cooking chicken can be relatively simple when you know what you're doing, and if you've ever struggled to grill up a juicy piece of meat, then stay with me because...

today, I'm going to share with you exactly how to grill the perfect chicken breast in 5 EASY steps...

Step 1: Preparing and Seasoning Your Meat...

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Before you get started on the grill, it's important to prepare your cuts of chicken breast...

First, a cut of chicken breast will naturally have a thicker and thinner end to it...

...but this can be a problem when you attempt to grill it because the two ends will not be able to cook evenly.

Luckily, you can use a meat mallet to pound your chicken into a uniformed cut from end to end.

To do this, you simply place the chicken breast between two layers of plastic wrap or put it inside a large ziplock bag. Then take your meat mallet or a heavy cooking skillet and start pounding it.



You'll basically want to flatten the larger end of the cut until its thickness is about equal to the smaller end.

Once that has been accomplished, it's time to season you chicken!

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You can use the standard combination of olive oil, salt, and freshly ground pepper...

...or you can change it up by adding additional herbs and spices like rosemary, garlic, and thyme.

The seasoning is entirely up to you... So add the flavors you enjoy eating most!

Step 2: Go From Room Temperature To High Heat...



After seasoning, you should let your chicken sit out at room temperature for about half an hour.

This will allow it to warm up to an even temperature all the way through the cut...

...rather than having the inside of the meat colder than the outside.

Additionally, this allows your seasonings time to mix themselves into the juices of the meat.

Next, you'll want to set your grill's temperature to a high heat of around 400 to 450 degrees Fahrenheit. Then lay the chicken on and allow it to cook for about 4 to 6 minutes.

You should be looking for a golden brown color on the cooked side, and you'll want to keep a watchful eye on it because it gets really easy at this point to overcook chicken breast.

Remember, one of the tricks to getting juicy chicken is cooking it at high heat for short periods of time...

Step 3: Turn The Chicken Only Once...

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One of the biggest mistakes people make when cooking any type of meat on the grill, is constantly turning and fidgeting with it.

You'll want to avoid moving or poking your meat because every time you do this...

...it releases some of the chicken's juices.

Additionally, you should only turn your chicken breast once during the entire cooking process...

So, when the cooking side begins to turn brown, flip it once and let it finish cooking without flipping it again.

Step 4: Use a Thermometer To Check Doneness...



This is a simple step that many people, especially beginners, overlook.

Rather than prodding your meat to try and figure out if it's firm enough to be cooked through...

...just stick a meat thermometer straight into it's center!

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A chicken breast is fully cooked when it reaches 165 degrees Fahrenheit internally.

This is the minimum temperature recommended by the FDA when it comes to safely cooking and eating poultry.



Now, there are some people who recommend taking your chicken off the grill at 150 or 155 degrees rather than at 165...

This is because the meat will continue to cook for a few minutes after being removed from the heat source...

...and theoretically, it will rise up to the required 165 degrees.

The hope here is that you'll reduce the likelihood of overcooking and produce juicier chicken, but if you choose to do this...

...just be careful because you definitely don't want to be eating or serving undercooked poultry!

Step 5: Give Your Meat Time To Rest...

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It's natural to want to dive in and start eating immediately after you take your chicken off the grill.

However, you need to be patient.

As mentioned before, when you remove it from the grill, the chicken breast continues to cook for a few minutes.

Because of this, you need to allow your chicken breast time to sit at room temperature before cutting in to it.

To do this, simply place your meat on a large plate and cover it with aluminum foil allowing it to rest for about 5 to 10 minutes.

When the 10 minutes is up, uncover your meat and start eating your perfectly cooked chicken breast!

Remember, Practice Makes Perfect...



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Grilling is like any other skill. The more you get out there and do it, the better you get.

So, if it's your first time grilling a chicken breast...

...and it doesn't turn out exactly how you wanted. DON'T get discouraged!

Just keep practicing and you're second and third attempts will turn out much better!

With grilling, part of fun in learning is that you can literally taste your own improvements as you progressively get better one chicken breast at a time!

In Conclusion...

So, that's how to grill chicken breast in 5 easy steps...

And like I said, with a little bit of practice and some basic know-how, you should be serving up perfectly cooked chicken breast straight from the grill in no time...

But what if you don't have a grill yet? Well, I want to help steer you in the right direction...



I suggest you check out my article on the Top 5 Grills Under 500 Dollars...

Every grill on the list is an amazing value and will serve you and your family well for many meals...

So, if you're interested, click on the link below...

==>[Click here to view the best gas grills under 500 dollars](#)

Be safe, fire them up, and enjoy!

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-Grillin' Bill