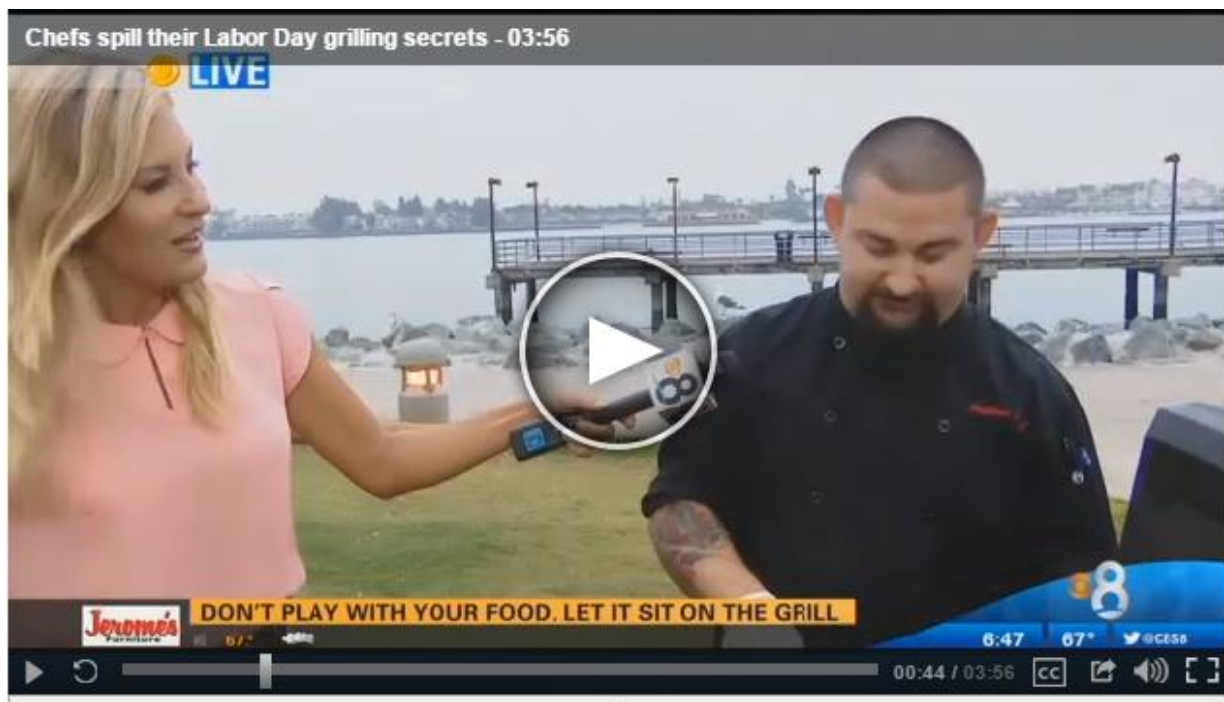




Chefs spill their Labor Day grilling secrets

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Video Report By Ashley Jacobs, Reporter



SAN DIEGO (CBS 8) - Ahead of Labor Day weekend, some local chefs are sharing their grilling secrets and competing against each other Tuesday morning to see who makes the best dish.

Here are some of the recipes featured in Tuesday's segment.

[1919](#)

Easy grilling tips from Executive Chef Matthew Nored:

When grilling steaks, let your meat come to room temperature. About 20 mins from the fridge. Cold steaks will not cook evenly.

Let your grill preheat. You want to sear in the flavor, so don't be too quick to start cooking.

Don't play with your food. Let it sit on the grill for a bit. That's how you get those nice grill marks that sear in the flavor. If you flip too soon the meat might stick to the grill.

Check your meat temp. A cooking thermometer comes in handy or use the touch technique:

Rare- will feel soft and spongy

Medium- will spring back after you press it

Well Done- will be firm

Don't overcook your meat. You can always pop it back on the grill if it is not cooked to your liking.

Let your meat rest after grilling. Give the juices time to settle before slicing.

[Backyard Kitchen and Tap](#)

Recommended Labor Day recipe from Executive Chef John Bickley:

Easy Labor Day Wings (for 5 lbs of chicken wings)

Ingredients:

1/4 cup kosher salt

2 tablespoon granulated sugar

2 tablespoon garlic powder

1 tablespoon onion powder

3 tablespoon smoked paprika

1 tablespoon black pepper

1 tsp ground cumin

Directions:

Mix thoroughly until well blended. In a large mixing bowl add mixture to the raw wings, tossing them to make sure they are well coated.

On a preheated grill, place wings over medium heat, grilling until caramelized marks on each side, then moving off of direct heat source and to an indirect heat source, off of open flame, cook until cooked through to 165 degrees.

These go great with any hot sauce of choice or bbq sauce. We use a molasses bourbon sauce we make in house.

[Westroot Tavern](#)

Grilled Ahi Sandwich by Executive Chef Joseph Rodriguez:

Tip: Ahi, also known Yellowfin Tuna, is the Hawaiian word for tuna. When cooking tuna sear the first side for two minutes and sear the other side for one minute. Do not overcook the tuna because it will harden quickly, so make sure the center is red (or pink) for the perfect tuna filet.