

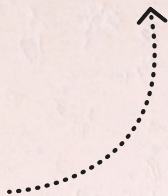
How to Grill on an Electric Stove

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Ingredients

- Electric cooktop/stove
- Cooking oil/marinade
- Grill Pan
- Beef, Chicken, or veggies
- Flip tongs
- Wood pellets (Hickory, mesquite, applewood, and cherry wood)



Easy Grilling Process

1. Preheat your electric stove to high heat. Let the grill pan get very hot
2. Put your ingredients in the pan and let them cook undisturbed for 2-3 minutes. Cook in batches to avoid overcrowding the pan.
3. Use tongs to flip each piece. Press down lightly as it cooks, and don't use a fork which can poke holes and dry out meat.
4. Sprinkle chips or pellets of wood onto the grill pan to add a smoky flavor.
5. When your food reaches that perfect doneness, remove from the grill pan and repeat process with remaining batches. Let the meat rest 5 minutes before serving.