

How to Grill Chuck Roast: Gas vs. Charcoal Grill



In the mood to grill a perfect chuck roast in the backyard but want to go easy on your wallet?

Get the inexpensive yet flavorful beef chuck steak and crank up your dinner party with ready-to-serve, succulent chuck roasts.

Popularly used for slow cooker and soup recipes, the chuck roast is not a tender meat to start with.

It contains a lot of connective tissue and fat marbling, making it easy to dry out and toughen when on the grill.

So, you'll need to be generous with your marinade and easy with the fire on your grill!

Preparing a well-seasoned and balanced marinade is the key to a scrumptious chuck roast.

Many will tell you what a flavorless idea it is to have a chuck roast on a grill. It will probably dry out, and be hardly chewable, they'll say.

But with a clever seasoning and a slow grilling technique, you will even surprise yourself!

Everything you need to spice up your beef is probably already in your kitchen so grab your mixing bowl and get started!

Ingredients (for a 2-3 pound beef chuck roast):

- 3 cloves of garlic
- ¼ cup olive oil
- 1 tablespoon tamari sauce
- 1 teaspoon dry mustard
- 1 ½ teaspoons honey
- 2 tablespoons ketchup
- Salt and freshly ground pepper to taste

(If you're opting for a BBQ sauce in your marinade, cut down on the rest of the seasoning.)

Prick the chuck roast with a fork deeply on both sides and place it in a large re-sealable plastic bag and pour over the marinade, mixing it well. Let it marinate for at least 6 hours. (If you let it stay overnight, the results will be even better). Turn the bag over after every couple of hours.

Tip: Sometimes when your beef chuck is an extra tough hunk, marinate it overnight in the fridge for sure.

Get Grilling!

Grilling outside gives you a break from the routine kitchen drills and fancy indoor dinners. Not only that, it infuses the beef with flavor that it would never get from a simple broil.

It is best to cook over low or indirect heat to avoid drying out the chuck roast and to ensure that it remains juicy all the way through.

Grilling at high temperatures will almost never work for this tough cut of meat, so don't waste a precious hunk of marinated meat even if you're in a hurry.

Tip: Do not slice before barbecuing (it will dry up easier and faster).

Clean the grill grates, oil them using a paper towel or a grill brush and heat it up.

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Gas grill vs. Charcoal Grill for Chuck Roast

A gas grill will usually heat up in about 5 to 10 minutes on medium-low, while charcoal grills depend on coals to ash on the outside and turn bright red on the inside.

If you are using one, you will need to place your beef roast 4 to 6 inches from medium-low coals.

Once the grill is ready, remove the roast from the marinating bag and let it reach room temperature (remember you want to cook your chuck roast evenly). It will take anywhere from 40 minutes to 2 hours, once you take it out from the fridge.

You can choose what to do with the leftover marinade. If you discard it, you will miss out on the part where you can baste your roast while it's grilling and have an extra tender meal.

However make sure you finish up basting the roast well before you take it off the heat – bacteria are still an issue.

Place the chuck roast on the grill, and close the lid to let it cook through. Sear all sides and baste it every 15 minutes to keep it moist while it cooks.

Flip it occasionally and rotate 90 degrees to get the grill mark pattern on the grilled chuck roast.

The internal temperature of the roast should tell you when it's ready. Use a cooking [thermometer](#) to check when it reads 55C / 130 F for medium-rare.

This should take up to 50 min. for a medium-rare chuck roast, depending on the thickness of the roast (you can leave it on for 1 ½ hours or until tender, turning intermittently).

Baste the roast in the last 15 minutes and take it carefully off the grill when it reaches desired doneness.

Wrap it up in aluminum foil and allow it to rest for another 10 minutes before you slice and serve the rich, savory beef chuck roast packed with flavor!