

How to Oil a Grill

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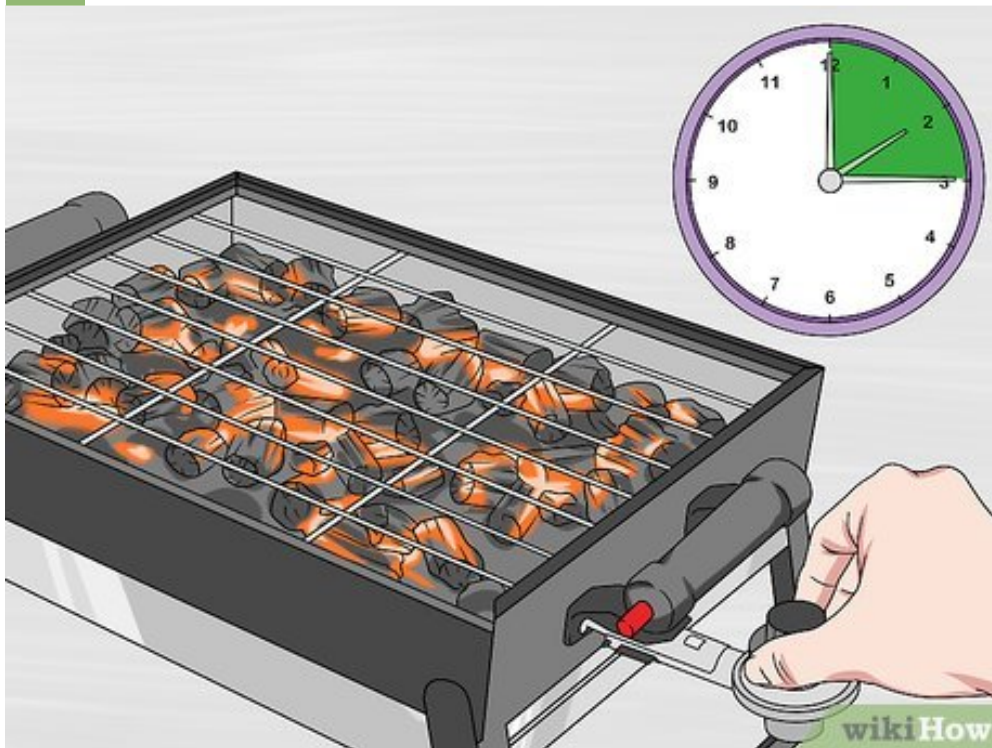
Oiling your grill is a simple way to keep food from sticking to the grill grates while you're cooking. We'll show you how to oil any type of grill, whether it's charcoal, gas, or electric!

Things You'll Need

- ☐ Heat-resistant gloves
- ☐ Grill brush
- ☐ Canola, vegetable, or grapeseed oil
- ☐ Small bowl
- ☐ Paper towels
- ☐ Long tongs

Part 1

Part 1 of 2: Cleaning Your Grill



1 Preheat the grill on high heat for 15 minutes. Before cleaning your grill, heat it up to the maximum temperature. Put the lid on the grill and let it heat up for 10-15 minutes. This will allow enough time for the heat to transfer to the grates. The high heat will turn any food remnants into ash, making it easier to clean off.^[1]

- If you're using a charcoal grill, light the charcoal and allow it to burn until the coal turns white.



2 Turn off the heat and use a grill brush to scrape residue from of the grill grates. A grill brush made with wire bristles is best for scraping off burnt food from your grill. Make sure it has a long handle so your hand doesn't get too close to the heat. Use long, sweeping motions to move the brush back and forth along each grill grate.^[2]

- Dip the grill brush in a bucket of water before scraping to create steam to dissolve the grease.
- Wear heat-resistant gloves to protect your hands and arms from the high heat.



3 Wipe the grates with a damp cloth once the grill has cooled down. If you have a gas grill, turn all of the knobs to the off position, including the gas supply. For a charcoal grill, close the vents to block oxygen from the coals. Then, mix the charcoal with tongs and spray them with water.^[3] Once the grill is cool, grab a clean cloth, immerse it in water, and wring it out until it's damp. Use the cloth to wipe down the grill grates and remove any leftover residue.^[4]

- It may take 2-5 hours for a gas grill to completely cool down, while charcoal grills may take up to 24 hours to completely cool down.

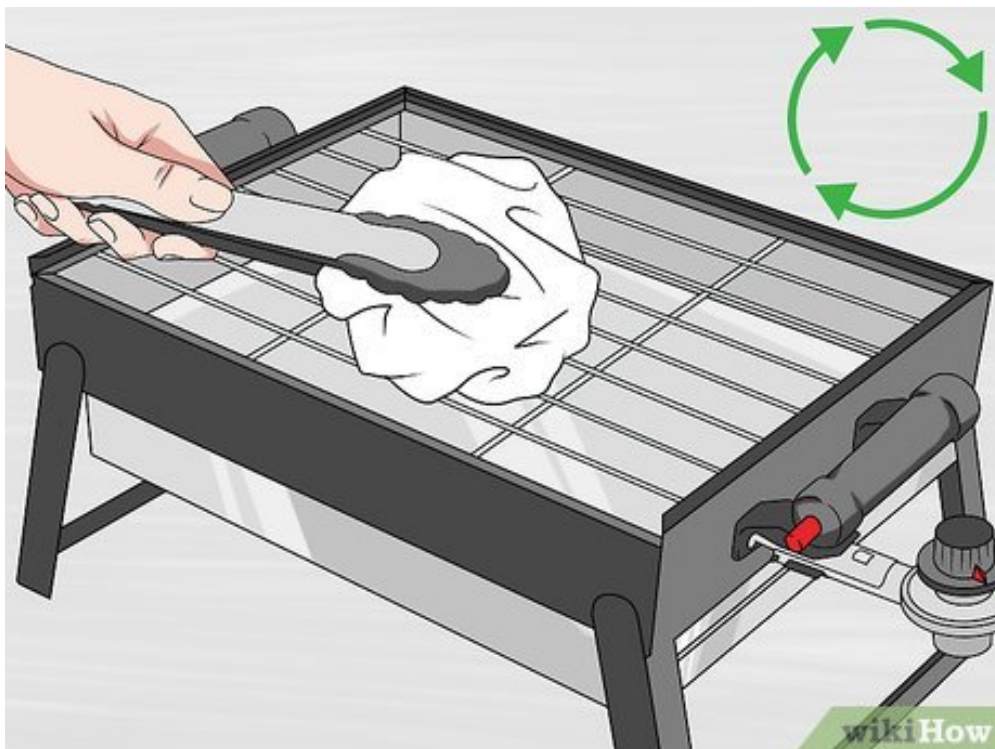


- 1 Pour 2 cups (470 mL) of oil with a high smoke point into a small bowl.** When oiling your grill, choose an oil that can tolerate high heat. Some of these oils include vegetable oil, canola oil, and grapeseed oil. Pour a small amount in a bowl to prepare for the next step.^[5]



2 Rub each grate with paper towels dipped in oil. Saturate the paper towels but don't get so much oil that it's dripping off the towels. Hold the paper towels with tongs and wipe each grill grate. Replace your oil-soaked paper towels as often as necessary.[6]

- Only apply oil to grills that are off and completely cool.
- Do not let oil drip on a hot grill. If oil comes in contact with a flame, it will create a fireball.
- You can also use a cloth to oil the grill instead of a paper towel. Just roll it, tie it with twine, and hold it together with the tongs. Then dip it in oil and rub it on the grill just like you would with the paper towels.



3 Removes excess oil with clean paper towels. Get a clean, unused paper towel and dab it gently on the grill to remove extra oil. Make sure there is a light, even coating of oil on each grate.[7]



- 4 Heat the grill for 15-30 minutes to burn off the oil.** Finally, heat up your grill again. This time, the goal is to burn off the oil. You'll know it's burning when the grates start smoking. Now you're ready to start grilling!^[8]

References

1. ↑ <https://youtu.be/xmlQVDkvZs?t=23>
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3. ↑ <https://food52.com/blog/7207-the-proper-way-to-shut-down-a-grill>
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5. ↑ <https://www.seriousseats.com/2010/04/how-to-clean-your-grill-barbecue-oiling-the-grate-charcoal.html>
6. ↑ <https://youtu.be/R0uXRTXori0?t=21>
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