

9 Weeks of Summer – Week 2

The ABCs of Safe and Healthy Barbecuing



Ready to fire up the grill? Boost the flavour and nutrition of your foods while avoiding harmful bacteria with the following tips.



- A is for absolutely avoiding using the same plate for raw and cooked food.
- B is for brush – use a separate one for marinating and another for basting cooked meat.
- C is for cleaning the grill with hot soapy water before using. This prevents sticking and burning from built-up grease.
- D is for defrosting meat and poultry in the refrigerator -- the safest method.
- E is for EWSN. Remember where you learned these tips :)
- F is for fruit, which becomes even more juicy and flavourful when grilled. Make sure you use low heat!
- G is for ground meat, which must be cooked until 160 degrees F.
- H is for hacking off visible fat from steaks, chops and other meats before you grill for a leaner meal.
- I is for identifying the thickness of your meat. Cook thinner pieces faster at a higher heat and thicker pieces slowly at a lower heat.
- J is for juicy. Avoid flattening your patties to keep your burgers juicy!
- K is for keeping cooked meat hot. Aim for at least 140 degrees F until you're ready to serve it.
- L is for low-fat marinades. Try salsa, low-calorie salad dressings, wine, pineapple, papaya and citrus juices to add a flavor boost without extra fat.
- M is for marinate. Do it in the refrigerator and discard the marinade immediately after use.
- N is for ninety degrees Fahrenheit. If it's that hot or hotter, refrigerate food after one hour of exposure.
- O is for oiling the grill with a small amount of vegetable oil before you cook to prevent sticking and adds the notable grill marks to your food.
- P is for packing food into a cooler with ice packs for transport. Keep it in the fridge until you leave.
- Q is for quick check. Give your meat and veggies a quick check before flipping them! If it sticks to the grill, do NOT flip them!
- R is for reheating cooked meats safely to a temperature of 165 degrees F.
- S is for shallow containers – they're best for refrigerating leftovers within two hours of cooking.
- T is for thermometer – don't start grilling without it because there's no other safe way to protect yourself from food-borne bacteria. Ensure that steaks reach 145 degrees F, ground meat and all pork cuts reach at least 160 degrees F, and poultry reaches 165 degrees F.
- U is for unbelievable great taste. When you follow these tips, this is what you will hear.
- V is for vegetables. Showcase your veggies by threading them on kebabs or grilling corn on the cob.
- W is for washing your hands before, during and after handling food.
- X is for X-treme heat. Make sure you are properly protected from the sun by wearing a hat and staying hydrated.
- Y is for yikes! If you've charred your meat, cut off the blackened exterior. Eating charred meat frequently may increase your cancer risk [ADA, USDA 2011]
- Z is for zest. Zest from citrus fruits adds an awesome kick to your marinades and is good for you too!