

SIX GOLDEN RULES FOR A SAFE BARBEQUE



Keep raw meats completely separate from cooked meats and food that is ready to eat. Remember to use separate utensils, plates and chopping boards for raw and cooked meat. Never put cooked food on a dish that has been used for raw meat. Also, if you like to marinate your meat, never use any marinade you have used on raw meat to coat ready-to-eat foods including cooked vegetables or cooked meat.



Always thoroughly wash your hands after handling raw meat. If you don't, you may pass harmful bacteria from raw meat, poultry and their juices to cooked food, and this can lead to food poisoning something your guests won't thank you for.



Leave frozen food to thaw out fully on the bottom shelf of your fridge before you cook it. Keep raw meats and poultry chilled in the fridge or in a cool bag until just before cooking.



Light the barbecue well before you want to start cooking on it. Make sure it's very hot and that the flames have died down before you start to cook.



Chicken, pork and any meat that is minced or skewered (such as burgers, sausages and kebabs) can contain bacteria throughout, so they must be cooked all the way through. You can eat steaks or joints of meat 'rare' because any harmful bacteria will only be on the outside and not in the middle.



Just because the meat turns crisp and brown on the outside don't assume it's properly cooked inside. Check it's piping hot all the way through with no pink meat left, and that the juices run clear. Remember to turn food regularly and move it around the barbecue to make sure it is cooked evenly.



CLICK TO WIN A BARBEQUE!

Test your knowledge of food safety by entering our online competition. To enter, log onto **safefood.eu** to answer two simple questions - you'll find the answers in this leaflet and on our website. Terms and conditions apply.

QUESTION 1

Why is it important to wash your hands after handling raw meat or chicken?

- a To keep your skin soft
- b To prevent the bacteria that can cause food poisoning transferring from raw meat to food that is ready to eat
- c To remove the smell of the meat juices

QUESTION 2

How can you tell when a beefburger is thoroughly cooked?

- a The outside is browned
- b When it's piping hot all the way through, the juices run clear and there is no pink meat left
- c When you have cooked it for 10 minutes

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THE ABC TO BBQ'S EASY, TASTY RECIPES AND FOOD SAFETY TIPS



TIPS ON: CHOOSING | PREPARING | COOKING

be safe be healthy be well

Eating outdoors can be a real pleasure and great fun for friends, family and neighbours.

At *safefood*, we want to make sure you enjoy yourself. This handy guide gives you tasty recipes and simple tips on food safety at your barbeques this summer



BARBEQUE CHICKEN DRUMSTICKS

Serves 4

Ingredients

8 chicken drumsticks

For the marinade

1½ tablespoons tomato ketchup

1 tablespoon soy sauce

1 tablespoon vinegar

1 tablespoon honey

1½ tablespoons brown sugar

1 teaspoon wholegrain mustard

1 teaspoon Dijon mustard

1 orange (juice and zest)



Method

- 1 Mix all the marinade ingredients together in a large bowl and season well with pepper.
- 2 Place the chicken drumsticks into the bowl and stir around until all the drumsticks are coated with the sauce.
3. Cover the bowl with cling film and put it on the bottom shelf of the fridge to marinate for at least a couple of hours.
- 4 Light the barbeque and when it's hot, place the chicken pieces on it.
- 5 Make sure the chicken cooks evenly on all sides by turning it regularly. This may take at least 25 minutes.
- 6 Before serving, check that the chicken is properly cooked by removing it from the heat and cutting into the thickest part of it with a clean knife to make sure that it is piping hot all the way through there is no pink meat remaining and the juices run clear.

BE SAFE

All meat and poultry needs to be kept properly chilled until just before it is cooked. Keep raw meat and poultry in the fridge or use a cool bag if you are taking it away from home.

SUMMER BEEFBURGERS

Serves 4 to 6

Ingredients

1 teaspoon olive oil

1 small onion, diced

2 cloves garlic, crushed

600 g (1 lb 5 oz) lean minced beef

1 tablespoon sage, chopped

1 large egg, beaten

1 whole garlic clove, peeled

Black pepper

For the garnish

4 to 6 hamburger buns, halved

1 large beef tomato, sliced into 4 thick slices

Lettuce, mild onion and red peppers

Low-fat mayonnaise or tomato sauce



Method

- 1 Cook the onion and garlic in a frying pan with some oil until soft (approximately 2 minutes on a medium heat).
- 2 Put the mixture in a large bowl and leave it for a short while to cool.
- 3 Add the mince, sage and egg. Mix well and season with pepper.
- 4 Shape the mixture into thick burgers (put some flour on your hands to prevent the meat from sticking to them). Put the burgers in on a covered plate or in a sealable container.
- 5 Keep the burgers in the fridge until you are ready to cook them.
- 6 Cook the burgers on the barbecue. Turn them regularly and make sure they are cooked all the way through. This may take at least 25 minutes. If you prefer, cook the burgers in a hot frying pan for 10 to 12 minutes on each side.
- 7 While the burgers are cooking, toast the burger buns on the barbeque or in a toaster.
- 8 Rub the clove of garlic over the 'inside' of the bun to give it a garlic flavour. Drizzle with a little olive oil. Place a slice of tomato on the garlic side of the bun and season with pepper.
- 9 Before serving, make sure that the burgers are cooked thoroughly, by cutting into them with a clean knife and checking that they are piping hot all the way through, there is no pink meat remaining and the juices run clear.
- 10 When cooked, serve the burgers immediately in the prepared buns and garnish with lettuce, mild onion and red peppers, and a small dollop of low-fat mayonnaise or tomato sauce.

BE SAFE

Remember to wash your hands thoroughly in warm soapy water after touching raw meat or poultry and before you touch other foods or surfaces.

CITRUS SUMMER CHICKEN

Serves 4

Ingredients

4 boneless chicken breasts

Salad to serve

(try it with low-fat and low-salt sauces)

For the marinade

Zest and juice of 1 orange

Zest and juice of ½ lime

1 inch of fresh ginger

2 cloves garlic, peeled and crushed

1 tablespoon olive oil

Freshly ground black pepper



Method

- 1 Put the zest and juice of the orange and the lime (or a drop of lemon juice if you haven't got a lime) into a bowl. Peel the ginger, grate it finely and add it to the bowl with the garlic.
- 2 Whisk in the olive oil and then stir in the black pepper.
- 3 Using a large knife, cut each chicken breast in half. Add these to the marinade and make sure that each portion is well coated.
- 4 Cover the bowl with cling film and put it on the bottom shelf of the fridge for at least 1 hour.
- 5 Cook the chicken on a hot barbecue for 25 to 30 minutes, turning it often.
- 6 You can also use chicken thighs or drumsticks for this recipe. Adjust the cooking times depending on the meat.
- 7 Before serving, check that the chicken is properly cooked by removing it from the heat and cutting into the thickest part of it with a clean knife to make sure that it is piping hot all the way through, there is no pink meat remaining, and the juices run clear.

BE SAFE

Make sure knives, cutting boards and surfaces that come into contact with raw meat or chicken are washed thoroughly in warm soapy water before you use them for other foods. This will help to prevent germs spreading from raw foods to foods which are ready to eat.