

BBQ-EZY
Aussie
BBQ THE EASY WAY

Makes
you
BBQ
BETTER

BBQ BETTER

MISTAKES TO AVOID

&

FOOD SAFETY

GUIDE



HELPFUL TIPS ON

- SAFE FOOD HANDLING
- HEALTHY COOKING
- SAFE BARBECUING
- BBQ CLEANING

SAFE FOOD HANDLING

AT THE STORE

When you're at the grocery store, buy cold food at the end of your shopping. Make sure to keep raw meat separate from other products. Put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods. This helps avoid possible cross-contamination and prevents the spread of food borne illness. Always refrigerate perishable foods within one to two hours, especially in warm weather.

STORING RAW MEAT

In the Refrigerator

At home, store raw meat in the refrigerator immediately after you return from the grocery store. Freeze raw poultry or ground beef that won't be used within one to two days. Freeze other meats within four to five days. Marinate meat in the refrigerator, not on the counter. If you want to save some of the marinade to baste cooked meat or use as a dipping sauce, make sure to set some aside in the refrigerator that hasn't touched uncooked meat. Don't use leftover marinade that has been in contact with raw meat on cooked food.

In the Esky

If you are storing your meat in a esky before barbecuing, make sure that the esky is kept cold with ice packs. Keep the esky out of direct sunlight and avoid opening it too often, because it lets cold air out and warm air in. You may also want to use two esky's, one for drinks (as it may get opened more often) and another one for food.

Whether you are storing the meat in the refrigerator or a esky, always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Bacteria can grow in this temperature range. After only two hours in this range, your food can become dangerous.

CROSS-CONTAMINATION

To avoid potential cross-contamination and the spread of food borne illness, follow these steps:

Make sure to keep raw meat away from other foods, including vegetables such as lettuce and tomatoes. You can do this by packing meats separately or by making sure they are wrapped separately, so that juices don't leak out onto other foods.

Wash your hands carefully with soap and warm water for at least 20 seconds before and after handling raw meat.

Clean all your cooking equipment, utensils and work surfaces, and then sanitize them with a mild bleach solution, in the following manner:

Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labeled spray bottle.

Spray the bleach solution on the surface/utensil and let stand briefly.

Rinse with lots of clean water and air dry (or use clean paper towels).

THAWING

Thawing should be done in the refrigerator. Sealed packages can be thawed in cold water. Microwave defrosting is acceptable if the food item is placed immediately on the grill. Meat should be completely thawed before grilling so that it cooks more evenly.

COOK THOROUGHLY AND USE A DIGITAL FOOD THERMOMETER

Bacteria such as *E. coli*, *Salmonella* and *Listeria* can only be killed by heat. Raw meat must be cooked properly to a safe internal temperature (see chart below) to avoid food borne illness. Color alone is not a reliable indicator that meat is safe to eat. Meat can turn brown before all the bacteria are killed, so use a digital food thermometer to be sure.

To check the temperature of meat that you are cooking on the barbecue, take it off the grill and place it in a clean plate. Insert the digital food thermometer through the thickest part of the meat. For hamburgers, you should insert the digital food thermometer through the side of the patty, all the way to the middle. Make sure to check each piece of meat or patty because heat can be uneven.



SAFE FOOD HANDLING

Internal Cooking Temperatures

You can't tell by looking. Use a digital food thermometer to be sure!

Food	Temp
Beef, veal and lamb (pieces and whole cuts) Medium-rare	63°C
Medium	71°C
Well done	77°C
Pork Pork (pieces and whole cuts)	71°C
Poultry (e.g. chicken, turkey, duck) Pieces	74°C
Whole	85°C
Ground meat and meat mixtures (e.g. burgers, sausages, meatballs, meatloaf, casseroles) Beef, veal, lamb and pork	71°C
Poultry	74°C
Egg dishes Egg dishes	74°C
Others Others (e.g. hot dogs, stuffing, leftovers)	74°C

KEEP HOT FOOD HOT

Remember to keep hot food hot until served, above 60°C. Keep cooked meats hot by setting them to the side of the grill, not directly over coals or gas burner where they can overcook.

SERVING FOOD

Use a clean plate when taking food off the grill. Remember not to put cooked food on the same plate that held raw meat. This prevents it from being re-contaminated by raw juices.

LEFTOVERS

Cool food by using shallow containers, so that it cools quickly. Discard any food left out for more than two hours. On hot summer days, don't keep food at room temperature for more than one hour. Remember to keep food out of the temperature danger zone of 4°C to 60°C. When in doubt, throw it out!

BBQ COOKING TIPS

Ensure you have a clean cooking surface, using a BBQ-EZY Liner or Grill Sheet is the best way to make sure that these nasties (Staphylococcus and E.coli), have not taken residence on your BBQ.

Ensure your BBQ hot plate or grill is hot, then place your BBQ-EZY Liner or Grill Sheet on before you put any meat on. Meat should sizzle & seal as soon as it is placed on the BBQ.

Don't turn steaks more than once during cooking. Place steak on hot BBQ; when beads of juice form on the uncooked side you will know it is ready to turn. Turn the steak and cook to your liking.



BBQ COOKING TIPS

Don't cut a steak to see if it is cooked as you will lose the juices. Lightly press the surface of the steak with tongs – rare steak is soft to the touch; medium steak is firm to the touch; and well-done steak is very firm to the touch.

Rest your meat for a few minutes after cooking to allow the juices to settle. Wooden skewers should be soaked in water overnight to minimize burning on the BBQ & metal skewers should be rubbed with oil prior to use to help prevent food from sticking to them.

FIRE SAFETY

Make sure your barbecue is steady on a level surface, away from plants and trees.

When using a Charcoal BBQ, the Fire Service advises covering the bottom of your barbecue with coal to a depth of no more than 5cm (2in). Use only recognized firelighters or starter fuel, and then only on cold coals.

Never use petrol on a barbecue

Make sure your gas burners are free of fatty build up & replace when rusting occurs.

GREASE

The build up of grease and fat on your barbecue is not only a health risk but also a potential fire hazard.

Bad enough that you are using flammable materials to do your cooking, but the food itself can create flare-ups which are more than a nuisance, they are potentially lethal.

Grease that collects in your grill builds up over time. It is easy to get several hundred grams of grease in the bottom of your grill after only a few barbecues. This is why you need to keep your grill clean and keep a drip tray under your grill and plate to collect and absorb fat and grease. A clean grill is a safer grill whether it is gas or charcoal. Also, smokers are not exempt from this problem as I have seen many uncontrollable grease fires in smokers.

You can avoid most of these problems by using either a BBQ-EZY barbecue liner or a BBQ-EZY Grill Sheet.

As you won't need to use oils or sprays to grease your cooking surface you immediately reduce the amount of fat in your cooking and your cooking surface is less greasy.

If you are cooking greasy foods there maybe a build up of fat which is easily eliminated by dabbing with a paper towel or absorbent cloth. In the main this will stay on the surface till you clean it off after you have finished cooking.

It is best to clean cooking surface while still hot, either sprinkle water on surface and wipe down, use tongs to hold paper towel. Use of mild scourers or plastic scrapers are helpful when removing build up of marinades or fats. Use Sheets up to 300°C and keep away from flame, discontinue use if sheet is subject to any of the above.



Contact us
BBQ-EZY
PO BOX 4294
SPRINGFIELD QLD
PH: 07 3112 4084
E: sales@bbqezy.com.au
W: bbqezy.com.au