

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

10 Smoky Tips To BBQ Food Safety

By Terry Nicholls

10 Smoky Tips To BBQ Food Safety

by: Terry Nicholls

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. Use these simple guidelines for grilling food safely to prevent harmful bacteria from multiplying and causing food-borne illness.

1. Defrosting

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

2. Marinating

Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Be sure to marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

3. Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40° F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

4. Keep Cold Food Cold

10 Smoky Tips To BBQ Food Safely

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler & perishables in a separate cooler.

5. Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

6. Cook Thoroughly

Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe

internal temperature. Whole poultry should reach 180° F; breasts, 170° F. Hamburgers made of ground beef should reach 160° F; ground poultry, 165° F. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145° F. All cuts of pork should reach 160° F. NEVER partially grill meat or poultry and finish cooking later.

7. Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served — at 140° F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200° F), in a chafing dish or slow cooker, or on a warming tray.

8. Serving Safely

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

9. Safe Smoking

Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat. The temperature in the smoker should be maintained at 250° F to 300° F for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

10. Pit Roasting

Cooking may require 10 to 12 hours or more and is difficult to estimate. A meat thermometer must be used to determine the meat's safety and doneness. There are many variables such as outdoor temperature, the size and thickness of the meat, and how fast the coals are cooking.

Copyright (c) Terry Nicholls. All Rights Reserved.

Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

Tips for the Summer Grill

By News Canada

(NC)—There is nothing that says summer like grillin' and chillin' at the backyard BBQ. Steaks, chicken, ribs or burgers, they all seem to taste better when cooked on the grill. But as good as they taste now, there are a number of "tips" that can help you make the most of your summer grill

Jack Daniel's has long been a part of BBQing in the US, sponsoring a number of BBQ contests and being a key ingredient in some of the best BBQ sauces. We've assembled a few of the tips that have helped past winners of those competitions, and have listed them here for you:

1. Start with a clean grill. Although that salmon you prepared last night was the best ever, it probably won't enhance the taste of the hamburgers you're having today. Scrub the grill with a wire brush and abrasive pad to remove all remnants of your past successes. You're about to create a new masterpiece!
2. Oil the grill with a good vegetable or olive oil. You've paid good money for the food you're about to cook. Let's not leave part of it stuck to the grill!
3. Pre-heat the grill on high for at least 10 - 15 minutes, or light the charcoal about 20 - 30 minutes before you start the cooking. You want to be sure the grill is hot enough to sear the meat to seal in the natural juices.
4. Place a foil pie plate half-filled with extra marinade mixed with water on the searing surface (flavourizer bars, lava rocks, etc) directly under the part of the grill where the meat will be. Used with thicker cuts of meat, this will help to add flavour and keep the meat juicy.
5. Season the food lightly before placing it on the grill. Food has wonderful natural flavour that BBQing enhances. If you like a bit of spice, try a dry rub or a marinade (which will also help to tenderize less expensive cuts of meat).
6. After quickly searing the meat on both sides, reduce the heat to medium (raise the rack if using charcoal) and close the grill cover. Resist the temptation to open the grill cover more than just twice more...once to turn the meat, and then for the final five minutes. Doing this will make the food wonderfully tender.
7. Put sauces on the food in the last 5 minutes of grilling time. Most sauces have fats and sugar in them which will burn if put on too early. The fire department has better things to do than helping you cook.

10 Smoky Tips To BBQ Food Safely

This sauce is great for perking up any simply grilled meats, poultry or fish. Brush it on just minutes before you pull the meat off the grill.

Jack's Secret Weapon All-Purpose BBQ Glaze

1/2 cup Jack Daniel's Tennessee Whiskey

1/2 cup soy sauce

1/2 cup ketchup

1 cup brown sugar

1 teaspoon garlic powder

Combine all ingredients in a small saucepan. Simmer until slightly thickened, about 5 minutes. Makes about 1 1/2 cups.

Visit the Jack Daniel's website at

, to find lots of good ideas to help with your

Summer Grill.

– News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Related Content:

Tips for the Summer Grill

Cabin Rentals Smoky Mountains – Top 3 Cabin Rental Destinations

BBQ Grilling Versus Smoking – The Great Debate

Food Safety 101

Hot Enough For You? Only The Thermometer Knows

Read more Content at

Related Products:

Smoothies for Athletes

Recipes from the Heartland

How to become a Chef!

Complete Library Of Cooking

Hitting the Search Engines

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

