

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!**

Food Safety Tips For Barbecuing

By News Canada

Food Safety Tips For Barbecuing

by: News Canada

(NC)–When barbecuing, use the following tips from Health Canada to safely prepare, cook, serve and store ground beef:

Before cooking

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

Clean and sanitize all utensils and work surfaces with soap and water after preparing each food item and before you move on to the next food. For added protection, sanitize utensils and counter surfaces with a mild bleach solution of 5 ml (1 tsp) bleach to 750 mL (3 cups) of water.

Use different utensils for raw and cooked meat or thoroughly wash them between uses. This includes flipping spatulas, tongs, food thermometers, plates, trays, etc.

Ensure the gas barbecue is pre-heated before starting to cook. If using a charcoal barbecue, use enough charcoal and make sure it is glowing red before starting to cook.

Keep raw meat away from cooked meat; do not use the same plate to carry burgers to and from the barbecue. Keep salads and perishable foods in the refrigerator until you are ready to serve them. If food is being stored in a cooler, pack the cooler with ice or freezer packs. Keep lid closed as much as possible, store cooler in shade and away from birds and animals.

During cooking

Use a food thermometer to ensure that the hamburger has reached a safe internal temperature. All ground beef products should be cooked to 71°C (160°F). Insert a probe-type instant-read thermometer

Food Safety Tips For Barbecuing

through the side of the beef patty until the tip reaches the centre. Fork –style thermometers can be inserted through the top into the centre of the patty.

Reduce the heat of the gas barbecue or raise the height of the charcoal grill if food starts to burn during cooking, but ensure that correct internal temperature is still met. Remember that colour is not an indicator that the patty is safe to eat.

After cooking

Keep serving bowls covered.

Put cooked food on a clean plate.

Eat food as soon as it is ready.

Clean and sanitize all utensils and work surfaces.

Store leftovers within 2 hours in separate shallow, covered containers in the refrigerator and eat within 3 days. Reheat leftovers to 74°C (165°F), using a food thermometer to check the temperature.

For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education Web site at

.

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.

Raining Outside? Try Indoor Barbecuing!

By Chris McCarthy

Yes, there is such a thing as indoor barbecuing. But hey, indoor barbecuing doesn't mean using your ever-reliable wood or gas grill. First of all, that's illegal in most places because it's a major fire hazard. Second, it could kill you since these types of grills produce large amounts of carbon monoxide. What you need to know is that there are two basic types of indoor grills - the open grill and the folding contact grill.

Indoor Barbecuing 101

An open grill is pretty much like the electric version of the wood/gas grill. It provides you with the outdoor barbecuing feel as you occasionally turn the meat while cooking and even produces flavor closer to the outdoor variety. . On the other hand, the folding contact grill works much like a panini press or sandwich maker. (Such as the George Foreman Grill). The upside to using this kind of indoor barbecuing grill is that it cooks your food faster as it simultaneously cooks both sides. Thus, it doesn't require turning so you can do other things while grilling at the same time.

The George Foreman Grill is an electric grill which has non-stick grill surface, grooved to give those desirable "grill marks" on food and a cover which has the same type of grooved surface.

Food is placed on the grill and the cover is closed on top of it, enabling the grilling of food from both sides at once - cutting the normal grilling time in half. The grill is built with a "tilt" toward the front and a plastic dish is placed under the front end so that fat can draw off away from the food. This is considered a low-fat feature. It also helps with the ease of cleaning in which George markets as one of the most important features of the grill.

The George Foreman also cooks food more evenly because the surface maintains a constant temperature that's easy to control, so you won't get hot spots or flare-ups. You should never use an extension cord with any electric grill, and always use an outlet with a ground fault circuit interrupter.

The George Foreman Grill currently comes in nine versions and prices range from \$19.99 to \$99.99

However, as we always say, equipment is just one aspect of producing amazing barbecue dishes. Though it's true that using an indoor barbecuing grill means none of that smoky flavor, which only wood or coal can deliver, there's definitely more to barbecue taste than smoky flavor. There are a variety of rich, bold flavors that characterize a good barbecue dish and these you can definitely get from a good marinade, dry rub or barbecue sauce. If you're looking for the greatest ones with the richest and boldest flavors, visit InsaneChicken.com and check out their wide selection of products, which can be delivered right to your very doorstep.

Chris McCarthy is a bbq enthusiast who has been making great barbecueing since childhood. Because of his love for intense flavors he decided to start

. A hot sauce and bbq

sauce, bbq rub catalog. Visit them a

Related Content:

Read more Content at

Related Products:

: 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!