

Potty Pointers

Barbecue and Food Safety Part 2

Use these simple guidelines for grilling food safely:

Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe minimum internal temperature. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145 °F. Hamburgers made of ground beef should reach 160 °F. All cuts of pork should reach 160 °F. All poultry should reach a minimum of 165 °F. **NEVER** partially grill meat or poultry and finish cooking later.

Serving the Food

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.

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.

Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

Does Grilling Pose a Cancer Risk?

Some studies suggest there may be a cancer risk related to eating food cooked by high-heat cooking techniques such as grilling, frying, and broiling. Based on present research findings, eating moderate amounts of grilled meats like fish, meat, and poultry cooked—without charring—to a safe temperature does not pose a problem. To prevent charring, remove visible fat that can cause a flare-up. Precook meat in the microwave immediately before placing it on the grill to release some of the juices that can drop on coals. Cook food in the center of the grill and move coals to the side to prevent fat and juices from dripping on them. Cut charred portions off the meat.



Source: www.fsis.usda.gov