

# Grill Out Time

*Make your summer barbecue safe and fun!*

**S**UMMER IS A TIME FOR outdoor gatherings with family and friends. Where do most of these gatherings happen? At a barbecue, of course. Grilling out during the summer is one of America's favorite pastimes. On any given day, you can walk down a neighborhood street and smell the delicious aroma of food on the grill.

It may seem like all you need for a cookout is the grill and food, along with family and friends to share it with, but there are other things to take into consideration. For example, it is important to keep safety and health precautions in mind when having a barbecue. Following are a few tips on how to help you reduce the chances of contracting food-borne illness when grilling out:

## Shopping

☀ When you shop for food, purchase the raw meat, fish, and poultry last because it will be the first thing to spoil. Never buy a package that's damaged or torn and check "sell-by" and "use-by" dates. Put packaged raw

meat in plastic bags so leaking juices cannot cross contaminate other foods.

- ☀ Load grocery bags with meat and other refrigerated foods in the air-conditioned section of the car, not in the trunk.
- ☀ Take groceries home immediately or bring a cooler along with ice packs to place the meat in.
- ☀ Put the meat in the refrigerator right away when you get home. If you let it sit out too long, bacteria can produce toxins in the meat or poultry that can make you quite ill.
- ☀ Store meat in the coldest part of the refrigerator in its original packaging. The more times the food is handled, the more chance of contamination. Put a plate under the package, or place in a plastic bag, to avoid juices dripping onto refrigerator shelves.
- ☀ Purchase meat, fish, and poultry no more than a day or two before you plan to grill it; otherwise freeze it.

## Preparation

- ☀ Thaw frozen meat in the refrigerator—never on the counter. Allow sufficient

defrosting time or immerse package in cold water to thaw. If you're in a hurry, thaw in the microwave just before grilling it.

- ☀ Be sure to wash your hands in hot soapy water before preparing food; after each time you touch raw meat; and after any interruptions such as using the bathroom, handling pets, or stopping to do something with the children.
- ☀ Keep raw meat, poultry, and fish and their juices away from other food. Wipe the counter clean with a paper towel and disinfecting spray if there are any juice spills.
- ☀ If you want to add flavor to meat or poultry, marinate it in the refrigerator and not on the kitchen counter. If you want to brush the sauce on as you grill, be sure to use fresh marinade and not the same sauce the raw meat was sitting in.
- ☀ If the barbecue is being held at a park away from your home, make sure that the meat is in a cooler packed with ice to keep the meat cold.

## Grill Out Recipes *from the 100th Anniversary NMB Cookbook*

### OUT-OF-THIS-WORLD GRILLED SALMON

page 136

Salmon  
1/4 cup lemon juice  
1-1/2 tsp. oil

1/4 cup soy sauce  
3 Tbsp. brown sugar  
1 garlic clove, crushed

Combine soy sauce, lemon juice, brown sugar, oil, and garlic. Ten minutes before grilling, place salmon on plate and cover with mixture. When ready to grill, loosely wrap salmon in two layers of foil. Grill 15-25 minutes.

*Katly Madison • Chetek, WI*

### GRILLED PORK CHOPS

page 127

Pork chops  
1 cup pineapple juice  
1/2 cup soy sauce

1/2 cup oil  
2 Tbsp. brown sugar  
1 medium onion, cut into rings

Combine pineapple juice, soy sauce, oil and brown sugar for marinade. Marinate chops for 1 hour. Grill on medium heat about 30 minutes, turning often to keep from burning. Put onion rings in foil and cook on grill. Serve with chops.

*Luella Rademann • Greenwood, WI*



minutes before tossing it on the grill to finish it.

- ☀️ A food thermometer provides the most accurate way to make sure meat is done. Insert the thermometer from the side into the thickest part of the meat about 2 to 3 inches so it reaches the center.
- ☀️ Cook ground beef patties to 160°F. Cook steak to 145°F for medium rare, 165°F for medium, and 170°F for well done. Poultry should be cooked to 180°F (breasts to 170°F) and all pork to 160°F.
- ☀️ When serving food off the grill, use a clean platter and not the one that was used to carry the raw meat out to the grill.

**Leftovers**

- ☀️ Refrigerate leftover food quickly and use within a couple of days.
- ☀️ Discard food that has been sitting out for more than two hours.

- ☀️ Have plenty of clean utensils ready to use for grilling and serving.

**Grilling**

- ☀️ To prepare the grill ahead of time, use a wire brush to remove charred material from the grill surface. Wash the grill and then coat with vegetable oil

or nonstick cooking spray to prevent any food from sticking to the grill.

- ☀️ Be sure to preheat the grill so it is hot and ready for the food before you plan to start cooking.
- ☀️ Precook chicken/ribs immediately before grilling. Never let partially cooked food sit for more than a few

With Labor Day fast approaching, the summer of 2005 is quickly coming to a close, but the barbecue season can last well into fall—even year-round. These guidelines for handling the meat, fish, or poultry you grill out will help ensure that all of your outdoor barbecues will be safe and fun! ♦

**SWEET CARL'S BASTING SAUCE**

page 128

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|-----------------------------------|--|
| 1/2 cup Wishbone Italian dressing | 2 garlic cloves                                  |
| 1/4 cup white vinegar             | 1 small bay leaf                                 |
| 1/3 cup vegetable oil             | 1 tsp. dry mustard                               |
| 1/8 tsp. liquid smoke             | 1 medium onion, chopped                          |
| 1/3 cup teriyaki sauce            | 1/2 lemon, squeeze out juice & drop in rind also |

Combine above ingredients and bring to a boil. Simmer until onion is done, about 1 hour. Season chicken or ribs at least 4 hours before barbecuing with Lawry's seasoned salt, pepper, garlic powder, and paprika. Season both sides; be generous with the paprika because this provides the browning. Refrigerate. When barbecuing, put meat bone side down and baste with Sweet Carl's sauce as needed to keep moist. Turn meat and continue basting until done.

Ruth Wright • Cerritos, CA

**MARINATED SIRLOIN STEAK**

page 119

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|--|-----------------------------|
| 1 (2 to 2-1/2 lb.) sirloin steak, about 1-inch thick | 2 Tbsp. lemon juice         |
| 1-1/2 cups water                                     | 2 Tbsp. Dijon mustard       |
| 3/4 cup soy sauce                                    | 2 cloves garlic, minced     |
| 1/4 cup Worcestershire sauce                         | 2 tsp. dried parsley flakes |
| 1 medium onion, chopped                              | 1 tsp. dried thyme          |
| 2 Tbsp. wine vinegar                                 | 1 tsp. Italian seasoning    |
|  | 1 tsp. pepper               |

Place steak in shallow dish or large heavy-duty resealable plastic bag. Combine remaining ingredients and pour over meat. Cover and seal; then refrigerate overnight. Remove meat and discard remaining marinade. Grill uncovered over medium coals until meat is cooked as desired, about 6-7 minutes per side for rare, 8-10 for medium, and 11-13 for well done. Serves 6.

Ellen Dunn • Columbus, IN