

Don't Kill Grandma with the Family Picnic



All joking aside, healthy adults probably won't die from most food borne illnesses, but elderly people, young children, pregnant women, and those who have chronic health conditions are most often the ones who become very ill or even die from food borne illnesses. Harmful bacteria, viruses and pathogens love picnics and barbeques where food may be left out for extended periods of time, protein rich foods are plentiful and having fun is second or third to following food safety rules.

No one wants to kill off grandma or little Jimmy at the family reunion picnic and barbeque this summer. Following these food safety tips will help you have safe and fun cookouts and picnics.

Thaw the meat safely - in the refrigerator, on the bottom shelf in a zip-bag or in a glass or plastic container. Or, in the microwave but be sure to put the meat on the grill as soon as it is thawed.

Marinate safely - in the refrigerator, on the bottom shelf in a zip-bag, glass or plastic container. Do not reuse the marinade.

Keep it cold. Keep the meat in the 'fridge or in a cooler with ice before grilling.

Keep it clean. Don't use the same plate that you carried the food to the grill for the food after grilling. Use clean forks, tongs and other utensils when turning meat or checking for doneness.

Cook it right. Cook ground meats, beef and pork, to 160°F., all turkey and chicken cuts, including dark meats and ground chicken and turkey, to 165°F., beef steaks and roast to 145°F for rare and 170°F for well done. Remember to put cooked meats on a clean platter.

Keep hot foods hot. Store cooked burgers and other foods on the grill but not over the coals or flames until serving time.

Be smart. Put foods away after 1 hour when the temperature is over 90° outside. On cooler days foods can sit out for up to 2 hours, but no longer.

Wash your hands. Wash your hands before handling foods, after handling foods, after cleaning the BBQ, after using the toilet, helping a child or elderly person in the bathroom, after changing diapers.

Using Rubs and Marinades

Dry Rubs are mixtures of seasonings and spices that are rubbed onto the meat before grilling. Dry Rubs add flavor to the meat.

Marinades add flavor to meat and also help make it more tender. Basic marinades have an acid ingredient, such as wine, vinegar, soy sauce or lemon juice plus other seasonings and herbs.

Basic Rub Recipe

2 tablespoons packed brown sugar

2 tablespoons chili powder

1 teaspoon garlic powder

1 teaspoon ground pepper

1 teaspoon salt

Note: You can add your favorite spices and seasonings to the basic recipe to make it your custom rub. Mix ingredients. Press rub onto the steaks or burgers. Grill meat until done.

Basic Marinade Recipes

1/4 cup vegetable oil

1/2 cup lemon juice or other acid liquid

2 tablespoons packed brown sugar

2-3 large cloves of garlic, minced

4 - 6 teaspoons cumin or other herbs/spices

Mix all ingredients together in a glass or plastic container. Place meat in a zip bag, pour marinade over meat. Close bag. Place on a plate or platter in the 'fridge on the bottom shelf. Let meat soak or 4-6 hours, turning bag 2 times. It's okay to let the meat soak for overnight.

Remove meat from marinade, throw zip bag away and marinade.

Grill until done.

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