

BBQ BASICS!

Summer is here and that means its BBQ time!

BBQs are a fantastic way to cook food and usually mean that there's a party going on.....
light up the BBQ, invite a few friends round and hope it doesn't rain!

DID YOU KNOW: FOOD POISONING CASES DOUBLE OVER THE SUMMER?

The two main causes are:

UNDERCOOKED MEAT

CONTAMINATION FROM RAW MEAT TO FOOD THAT IS READY TO EAT

To make sure that your BBQ stays fun and that your friends don't go home with a any
bugs, follow our step by step BBQ basics guide:

1. WASH YOUR HANDS

The simplest task but the one most often forgotten

2. RAW vs. COOKED

Keep raw and cooked meat separate, use separate plates and separate utensils

3. Make sure your BBQ is HOT

The coals should be glowing red with a powdery grey surface before you even think about putting
anything on there

4. DEFROST FROZEN MEAT THOROUGHLY

Defrost overnight in the fridge

5. TURN TURN TURN

KEEP YOUR COOL:

Keep these foods out of the danger zone and in the fridge!

COOKED RICE

MAYONNAISE

(when mixed with high protein foods e.g. chicken)

Raw meat and cooked meat.....should never meet!

Raw meat can contain germs that cause food poisoning, but these are killed when you cook it

TOP TIPS

Keep raw meats on the bottom shelf of your fridge to stop juices dripping onto other food

Always wash your hands after touching raw meat

Never put cooked meat onto a plate that has had raw meat on it

Use separate utensils for picking up raw meat and cooked meat – two sets of tongs!

Don't use a marinade or sauce on cooked meat if it has had raw meat in it

Keep raw meat and cooked meat separate on your BBQ

Burgers for your BBQ

1 small onion
500g minced beef
1 egg
1 tbsp vegetable oil
1 tspn cajun seasoning
4 burger buns

Dice your onion into small pieces
Mix in a bowl with the minced beef, egg and seasoning
Make four equal sized balls (about the size of a tennis ball)
Squash them into a pattie (make sure they are roughly the same thickness so that they cook properly)
If you have time, pop them on a plate, cover them with cling film and rest them in the fridge for about 30 minutes
Before you cook them brush one side with oil
Make sure your BBQ is HOT
Pop onto the grill oil side down and leave it for 5 minutes (to seal the juices in)
Brush the other side with oil and turn it over, cook the other side for 5 minutes
Leave for another 5 minutes and you will have one homemade, medium, barbecued burger

TOP TIP

Don't press down on the meat, you will squeeze the juices out -if you want a juicy burger you need to keep them in!

If you try to move the burger and it sticks, leave it for a few minutes more, it will move when it is sealed properly.

FAST FOOD

If the meat is fresh and has **not already been frozen** – prepare ahead for your next BBQ
Double your mixture and make four additional burgers
Layer the burgers on top of each other with a piece of greaseproof paper between each
Freeze in a sealed freezer bag, clearly labelled with the date you froze them, the burgers can be stored frozen for up to 3 months.

Sticky BBQ Marinade

2 tbsp (tablespoons) of soy sauce

1 tbsp (tablespoon) of honey

1 tbsp (tablespoon) of olive oil

1 tsp (teaspoon) tomato puree

1tbsp (tablespoon) dijon mustard

This marinade is delicious on chicken drumsticks – this quantity will cover approximately 8

Mix together the soy, honey, oil, tomato purée and mustard

With a sharp knife, score the skin of the chicken all the way round (this will help the marinade to absorb better)

Pour your mixture over and leave to marinate for at least 30 minutes at room temperature.

TOP TIP

Make your marinade the day before and leave on your meat covered, overnight in the fridge for extra flavour!

H²O

Do you get enough?

Let's do the science bit first.....

FACT: Your body uses water to maintain its temperature

FACT: Physical activity can raise the temperature in your muscles up to
20 times higher than normal

this makes you sweat

FACT: Your body uses its blood to transport water to sweat glands,
meaning there is less blood available to your muscles.....

Meaning your performance **WILL DROP!**

BUT

FACT: Keep yourself hydrated and you can avoid this

How much should I drink?

Aim for 500mls per hour (if you are working outside and it is warm)

That is the equivalent to one regular sized bottle of water

Don't wait until you feel thirsty, it's too late then!

Drink constantly throughout the day, if you know you are going to exercise (ride out) drink before you go and as soon as you come back.

TOP TIP

Buy yourself a water bottle with an ice core that you can refreeze

They are available in all major supermarkets

This will keep your drink cool when the weather is warm and your costs
down

Berry Happy Summer!

Sweet, juicy, fresh

Strawberries, Raspberries, Blackberries, Blueberries

Berries provide us with an amazing amount of antioxidants and vitamins, including vitamin C. We are so fortunate in the UK to be surrounded by farms where we can indulge in picking our own berries to take home and enjoy, see the link below for the nearest farm to you.

www.pickyourownfarms.org.uk

Spend an afternoon picking your own berries

then take them home and.....

eat them for breakfast with cereal.....

eat them after dinner with ice cream.....

eat them anytime on pancakes or in cakes.....

blend them.....

jam them.....

squeeze them.....

freeze them.....

Or make your own DELICIOUS, EVER SO GOOD FOR YOU, smoothies.....

The beauty of making a smoothie is that you really can put in what ever you like to make it taste just right for you.

One berry smoothie everyday would boost your levels of antioxidants and vitamin C which would help to build your immune system.

Try this one to start you off then next time add more or less of the things that you like, and remember how good it is for you.....

Triple Berry Smoothie

75g strawberries

75g blueberries

75 g raspberries

1 banana

75 g yoghurt (vanilla is good!)

250ml milk

Throw everything into the blender, switch on and stand back.

Blend it to the thickness you like, add extra milk if you want a thinner consistency

TOP TIP

While the weather is good, pick as many berries as you can and freeze them
Use sealable freezer bags. Make sure you write on them what they are and the date you froze them,
frozen berries will store for up to 12 months.

You can blend fruit straight from the freezer, so you can enjoy a smoothie all year round