Grilling
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The risk of foodborne illness increases during the summer grilling season because disease-causing bacteria grow faster on raw meat and poultry in warmer weather. Grilling can be a healthy and low-fat way to cook, but several rules need to be followed.

RULES FOR GRILLING

1. Always wash your hands and wrists with warm, soapy water for at least 20 seconds before, during and after handling food.

2. Use separate utensils, cutting boards, and serving dishes for raw and cooked foods.

3. Never thaw or marinate food at room temperature. Marinate foods in the refrigerator.

4. Make sure your grill is hot before you put food on it.

5. Use a food thermometer to ensure food reaches the correct internal temperature.

6. Keep raw foods that will be grilled such as meat away from foods that will not be cooked such as a salad.

Using a smoker:

Smoking is done much more slowly than grilling, and as a result, the meat is tender and takes on a natural smoke flavoring. The temperature in the smoker should be maintained at 250 to 300°F for safety.

Grill Safely!

* Grill outside away from any structures

* Keep everything clean and separate raw and cooked foods, use a different platter.

* Make sure your grill is stable—on a flat surface and cannot be tipped over

* Keep your grill clean– remove fat buildup and grease right away

* Check for propane leaks on gas grills

* If the flame goes out, wait at least 5 minutes to re-light

* Do not leave a lit grill unattended, and do not try to move a hot/lit grill

* Charcoal grills—only use charcoal starter fluid

* Be ready if there's a fire! Have baking soda on hand for a grease fire and a fire extinguisher nearby for all other fires. Never use water to put out a grease fire!

Check the Internal Temperature:

A meat thermometer needs to be used to ensure meats have been cooked to the correct internal temperature.

ground beef	160° F
steaks and roasts	145°F
poultry	165°F.

Fish should be opaque and flake easily.

For more information:
www.LLM.unl.edu or
www.food.unl.edu

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