

# Eating out in the sun – safety tips & recipes

## Barbecue Food Safely

- Keep food cold in the fridge until ready to use
- Cook meat thoroughly all the way through, in the oven first then finish off on the BBQ
- Never serve chicken undercooked
- Never allow raw food to contaminate cooked food

**Burgers** Cook burgers until the juices run clear and there are no pink bits – never serve rare

Thick burgers, either bought or homemade are difficult to cook thoroughly on a BBQ. Cook first in the oven at 200°C Gas Mark 6 for 15 minutes, then brown on the BBQ, checking that the juices run clear before serving.

### Ingredients:

- 500g low fat minced beef
- 1 onion, chopped
- 1 tsp English mustard
- 1-2 tbsp tomato sauce
- 1 tbsp parsley, chopped
- Black pepper

**Tip:** Adding an extra splash of ketchup or soya sauce to your mixture can give extra flavour. Remember these can be high in salt and sugar so don't add too much. Try buying low salt and low sugar varieties.

## Perfect Summer Burgers

(Makes 5 large or 7 small burgers)

### How to do it:

1. Place mince in a large mixing bowl
2. Add onion, mustard, tomato sauce, parsley and pepper to taste
3. With clean hands mix the ingredients together, thoroughly mixing in the onion.
4. Take a handful of the mixture and roll it in your palms, ensuring all ingredients are thoroughly mixed in. Place onto a chopping board and flatten it out into a burger shape. Place onto a grill pan or onto a lightly greased oven tray.

5. Using the rest of the mixture make a total of 5 large burgers or 6-7 smaller ones.
6. Cook under the grill, turning the burgers until brown all the way through. Or place in the oven on Gas Mark 4/180°C (fan oven 160°C) for approximately 15 minutes or until thoroughly cooked and brown all the way through.
7. Place in a wholemeal roll and add thinly sliced lettuce, tomato and cucumber.



## Chicken

Never serve chicken under cooked – cook all chicken until juices run clear.

Ensure frozen chicken is thoroughly defrosted. Only use small pieces of chicken on skewers, or fillets on The BBQ.

Chicken on the bone, like drumsticks should be cooked in the oven first and transferred to the BBQ for crisping



### Sweet Chilli Bean Salad

(Serves four as a side dish, or two as a main)

**You will need:**

- 1 tin kidney beans (or cannellini beans or mixed beans)
- 1 small Cos lettuce, shredded (or lettuce of your choice)
- 3 tbsp sweet chilli sauce
- 1/4 cucumber – chopped
- tomatoes – chopped
- basil – chopped
- 1 garlic clove – crushed
- 1 tbsp lemon juice
- croutons

Add any other salad ingredients you fancy. Just chop up and stir in.



**How to do it:**

1. Place beans into a bowl and pour boiling water over them.
2. Leave for 1-2 minutes to soften. Drain and cool.
3. Toss the lettuce, cucumber, tomatoes and basil together in a bowl.
4. Add the cooled beans and mix together.
5. Mix the garlic, lemon juice and sweet chilli sauce together in a small bowl.
6. Pour over the top of the salad, adding the croutons and stir in.



## Other meats

Sausages and any other minced products, cook thoroughly as for burgers to a core temperature of 75°C.

Steak, chops or similar whole pieces of lamb or beef may be served rare, as long as all the outside surfaces are well browned



# Roast Vegetable Salad

(Serves 6 as a side dish)

## Ingredients:

- 3 plum tomatoes
- 1 large red onion
- 2 long red peppers
- 1 yellow pepper
- 3 cloves of garlic
- 1 tsp paprika
- 4 tbsps extra virgin olive oil, plus extra for drizzling
- Black pepper



## How to do it:

1. Preheat the oven to 220°C/Gas Mark 7.
2. Halve the tomatoes, quarter the onion (there's no need to peel it), then place in a roasting tray with the peppers and unpeeled garlic cloves.
3. Drizzle with oil and roast for 45 minutes, or until the vegetables are tender and blackened all over.
4. Transfer the peppers to a wooden chopping board, peel off the skins immediately and discard. Deseed the peppers and cut the flesh into strips before putting into a large bowl.
5. Add the tomatoes, onion and garlic (removing the tough skins first) and any remaining juices from the roasting pan to the bowl with the peppers.
6. Add the paprika, 4 tablespoons of oil and the lemon juice. Season with black pepper.
7. Stir and transfer to a serving bowl. Serve warm or cold, drizzled with a little oil.



## Food Safety Tips

Bacteria can easily be transferred from raw meats to cooked meats. In order to prevent cross contamination you must always:-

- Keep food cold in the fridge until ready to use
- Wash your hands thoroughly before and after handling raw meat
- Never put cooked meats back onto the same dish where you have had raw meat
- Always use different tongs or forks for raw and cooked food
- Make sure that your hands are washed before touching other food. This will reduce the risk of food poisoning
- Make sure that chopping boards, knives and any other equipment that has been used to prepare raw meat is washed and scrubbed in hot



