

CFAES

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WE SUSTAIN LIFE

Let's Grill

Presented by
Jennifer Eggleton & Sarah Sowell

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AND ENVIRONMENTAL SCIENCES

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Learning Objectives

- Getting to know your grill
- How to clean and Prep Your grill
- Grilling tools

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Getting Started

- Get to know your grill
 - Gas
 - Charcoal
 - Infrared
- Making sure your grill is clean
 - Grill brush
 - Flame-retardant mitten
 - Well-ventilated
 - Yearly Maintenance



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What Tools do you need



- Grill Tongs
- Grill Spatula & Fork
- Marinade Brush
- Cooking Spray
- Foil
- Meat Thermometer
- Skewers

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Cooking Food Safely




www.cdc.gov/foodsafety

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What to Cook?


- Protein
- Vegetables
- Using a marinades and/or seasonings
- Fruit




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Chicken Fajitas

- Precooked sliced boneless, skinless chicken strips
- Onions
- Peppers
- Marinade
 - 1 Tbsp lime juice
 - 1 tsp garlic powder
 - ¼ tsp oregano
 - 1 tsp cumin
 - ¼ tsp ground black pepper



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Grilled Apples

- Apples
- Lemon Juice
- Honey
- Granola
- Brown Sugar
- Cinnamon
- Butter

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References

- [Health.gov/dietaryguidelines/2015/guidelines](https://www.health.gov/dietaryguidelines/2015/guidelines)
- [Choosemyplate.gov](https://www.choosemyplate.gov)
- <https://www.cdc.gov/foodsafety/communication/bbq-ig.html>
- <https://www.biscuitsandburlap.com/grilled-apples-for-sides-or-dessert/>

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Recipe

Jennifer Eggleton
Fayette County Extension
1415 US Rt 22 SW
Washington C.H, Oh 43160



Prep Time:	5 minutes
Cook Time:	N/A
Serving Size:	N/A

Nutrients Per Serving: Calories ,
Protein g, Carbohydrate g,
Dietary Fiber g, Total Fat g,
Saturated Fat g, Sodium mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Chicken Fajita Marinade

INGREDIENTS

- 1 TBSP lime juice
- 1 tsp garlic powder
- ¼ tsp oregano
- 1 tsp cumin
- ¼ tsp black pepper

DIRECTIONS

- Wash hands with soap and water.
1. Combine all ingredients in a bowl and whisk.
 2. Marinade at least 30 minutes and can leave overnight.

Source:

Adapted from USDA MyPlate

For other healthy, low-cost recipes, visit Myplate.gov/recipes



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Recipe



Prep Time:	10 minutes
Cook Time:	10 minutes
Serving Size:	2 slices

Jennifer Eggleton
Fayette County Extension
1415 US Rt 22 SW
Washington C.H, Oh 43160

Nutrients Per Serving: Calories 175
Protein 1g, Carbohydrate 31 g,
Dietary Fiber 2 g, Total Fat 7 g,
Saturated Fat 2g, Sodium 20 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Grilled Apples

INGREDIENTS

3 apples; cored and cut
into ½ inch slices.
2-3 TBS lemon juice
2 TBS oil
2 TBS honey
½ tsp cinnamon
1/3 C brown sugar
1 TBS butter

DIRECTIONS

1. Wash hands with soap and water.
2. Core and cut apples into ½ inch slices and place in a bowl with lemon.
3. Combine butter, brown sugar, cinnamon and honey and heat over medium low heat until butter is melted.
4. Grill apples slices over medium heat 4-6 minutes on one side.
5. Turn apple slices and brush with brown sugar mixture.
6. Cook an additional 2 minutes. Serve with granola if desired.

Source:

Adapted from USDA MyPlate

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Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

145°F beef, pork, lamb, veal
(then let rest 3 minutes
before serving)

145°F fish

160°F hamburgers and other
ground meat

165°F poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety

If grilling poultry, fish, or seafood, lightly grease the rack of an indoor electric grill or lightly coat with cooking spray. Preheat grill. Place meat, poultry, fish, or seafood on grill rack. (For fish fillets, tuck under any thin edges.) If using a grill with a cover, close the lid. Grill for the time given below or until done. If using

a grill without a cover, turn food once halfway through grilling. The following times should be used as general guidelines. Test for doneness using a meat thermometer. Refer to your owner's manual for preheating directions, suggested cuts for grilling, and recommended grilling times.

Cut or Type	Thickness, Weight, or Size	Covered Grilling Time	Uncovered Grilling Time	Doneness
Beef				
Boneless steak (ribeye, tenderloin, top loin)	1 inch	4 to 6 minutes 6 to 8 minutes	8 to 12 minutes 12 to 15 minutes	145°F medium rare 160°F medium
Boneless top sirloin steak	1 inch	5 to 7 minutes 7 to 9 minutes	12 to 15 minutes 15 to 18 minutes	145°F medium rare 160°F medium
Flank steak		7 to 9 minutes	12 to 14 minutes	160°F medium
Ground meat patties	½ to ¾ inch	5 to 7 minutes	14 to 18 minutes	160°F medium
Steak with bone (porterhouse, rib, T-bone)	1 inch	Not recommended Not recommended	8 to 12 minutes 12 to 15 minutes	145°F medium rare 160°F medium
Lamb				
Chop (loin or rib)	1 inch	6 to 8 minutes	12 to 15 minutes	160°F medium
Veal				
Chop (boneless loin)	¾ inch	4 to 5 minutes	7 to 9 minutes	160°F medium
Pork				
Chop (boneless top loin)	¾ inch	6 to 8 minutes	12 to 15 minutes	160°F medium
Sausages, cooked (frankfurters, smoked bratwurst, etc.)	6 per pound	2½ to 3 minutes	5 to 6 minutes	140°F heated through
Poultry				
Chicken breast half, skinned and boned	4 to 5 ounces	4 to 6 minutes	12 to 15 minutes	170°F
Fish & Seafood				
Fillets or steaks	½ to 1 inch	2 to 3 minutes per ½-inch thickness	4 to 6 minutes per ½-inch thickness	Flakes
Sea scallops	15 to 20 per pound	2½ to 4 minutes	6 to 8 minutes	Opaque
Shrimp	41 to 50 per pound	2½ to 4 minutes	6 to 8 minutes	Opaque

All cooking times are based on food removed directly from refrigerator.

Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



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