

Jennings County 4-H Barbecue

Food Safety:

- ✿ Thaw and marinate meat in the refrigerator.
- ✿ Do not re-use marinade.
- ✿ If using a platter to carry raw meat, poultry, or seafood to the grill, clean thoroughly with soap and water before placing cooked foods back on the platter.
- ✿ Use a meat thermometer to determine if the meat is done. Proper use of a meat thermometer is as follows:
 - Insert the food thermometer into the thickest part of the food, making sure it doesn't touch bone, fat, or gristle.
 - Cook food until the thermometer shows an internal temperature of:
 - Ground Beef - 160 °F
 - Pork and Egg Dishes - 160 °F
 - Fish - 145 °F
 - Steaks & Roasts - 145 °F
 - Chicken Breasts & Whole Poultry - 165 °F
 - Clean your food thermometer with hot, soapy water before and after each use.
- ✿ Store leftovers in the refrigerator or freezer within 2 hours of taking off the grill.
- ✿ When grilling away from a sink, be sure to have a bowl of water to wash hands and utensils in.

Marinade Tips:

- ✿ Pierce meat before marinating.
- ✿ Add ½ cup of any marinade, per pound of meat, to a large plastic food storage bag.
- ✿ Shake and flip the bag every hour or two, up to 2-3 hours (marinate longer for more flavor).
- ✿ Remove your food from the marinade when you're ready to cook; discard marinade (do not re-use any marinade used on uncooked meat).
- ✿ Cook as you normally would, during cooking, daubing with additional marinade will add extra flavor.
- ✿ Be aware the marinades with a high sugar content will cause meat to darken or char quickly.

Grill Safety:

- ✿ Never use gasoline or kerosene to start the fire.
- ✿ Always use grill (charcoal or propane) in well-ventilated areas.
- ✿ For charcoal grills:
 - You may use lighter fluid to start the grill. But always cap the container and move it away from the fire.
 - Never add lighter fluid to a charcoal grill once the coals are burning.
 - To stop flame flare ups, move cooking grate up and spread the hot coals using a long fire safe instrument.
 - Allow coals to burn out completely and let ashes cool for 48 hours. If you must dispose of ashes before fully cooled, soak them completely in water before putting them in a non-combustible container.

- To dispose of the ashes, wrap in foil and put them in an empty non-combustible container.
- ✿ Use proper utensils for cooking.
- ✿ Keep a water bottle close by for flame flare-ups.

Judging:

The project will be judged based on the following:

- ✿ Sanitation: Hand Sanitizer, Water Bowl, Foil to Cover Food
- ✿ Safety: Fire Extinguisher, Water Bottle, Cooler, Meat Thermometer
- ✿ Poster: Neatness, Readability, Theme
- ✿ Overall: Theme, 4-H'ers Knowledge, 4-H'ers Politeness