

Handy Barbecue Tips

Always line your barbecue tray with aluminium foil prior to adding the charcoal. This helps considerably at clearing up time as once the tray has cooled down you can simply lift the foil and ashes from the tray and dispose of them safely. (Never pour cold water directly on the coals, it cause serious damage to your barbecue.

Light your lump wood or briquets and allow 20-30 minutes for the flames to die down and the charcoal to turn a grey/white colour before cooking. Generally lump wood (larger pieces) is best for quickly cooked foods such as sausages and burgers whilst briquets (smaller pieces) are more suitable for roasting.

Grease your cooking grill with vegetable oil prior to cooking. If you are using a grill with a variable height facility start cooking the food that will take the longest on the top setting. Gradually move closer to the coals to avoid burning and to help ensure food is cooked thoroughly.

Only fill two thirds of the grill with food allowing space to move round and turn food accordingly.

Once cooked placed the food inside the warming area of the barbecue or wrap in a generous amount of tin foil and place on the edge of the grill. Use a large aluminium roasting tray inside your warming area if you want to save on mess and cleaning.

If flames flare up during cooking this is usually due to fat dripping, simply lightly spray some water into the flame.

Simply soak your barbecue and any cooking utensils in hot soapy water to clean.

Due to the production of carbon monoxide when charcoal is burned, charcoal grills should not be used inside homes, vehicles, tents, or campers, even if ventilation is provided. Carbon monoxide is odorless and colorless, you will not be alerted to the danger until it is too late.

Never use any flammable liquid other than barbecue starter fluid to

start a charcoal barbecue.

Use the starter fluid sparingly and never put it on an open flame.

Never add fire starter after you have started your barbecue to speed a slow fire or rekindle a dying fire. The flame can easily flashback along the fluid's path to the container in your hands.

Remove the charcoal ashes from the grill and place them into a metal container with a tight-fitting metal lid.

Remove the ashes only after they are completely cooled and no warm embers remain.

Always soak coals with water after cooking; they retain their heat for long periods of time.

Keep damp or wet coals in a well ventilated area. During the drying process, spontaneous combustion can occur in confined areas.

NEVER LEAVE YOUR BARBECUE UNATTENDED.

How to barbecue safely (Food Standards Agency)

If you want to serve up a sensational barbecue that also helps keep your family and friends safe, take the following simple steps to avoid the build-up of food poisoning bugs. Cases of food poisoning almost double during the summer, and research shows that the undercooking of raw meat and the contamination of bacteria onto the food we eat are among the main reasons.

Pre-cook

It's a very good idea to cook all chicken (including chicken on the bone) in the oven prior to giving it a final 'finish' on your barbecue. Your friends and family will still experience that special barbecue 'scorched' taste – and you will know that you've cooked the chicken all the way through. This technique can also be used for sausages,

burgers and kebabs if you're cooking for large numbers, as you'll want to avoid providing undercooked food.

Charred doesn't mean cooked

DAways check that your meat is cooked right through before serving.

Avoid cross-contamination

Store raw meat separately before cooking, use different utensils, plates and chopping boards for raw and cooked food.

Always wash your hands thoroughly with soap and hot water and dry them before handling your food for the barbecue and after handling raw foods including meat, fish, eggs and vegetables.

Don't wash raw chicken or other meat, it just splashes germs. Cooking will kill any bacteria present, including campylobacter. On the other hand, washing chicken, or other meat, can spread dangerous bugs on to your hands, clothes, utensils and worktops by splashing.

Keep plates and cutlery away from raw meat and fish, never serve your guests cooked food on a plate or surface that's had raw meat or fish on it, and don't use cutlery or marinades that have been in contact with raw meat. There's no point in serving up food with a flourish if you're adding bugs back into the mix.