



# Handy hints for Safe & Healthy BBQ-ing

- A successful BBQ meal requires the meat to be cooked correctly without burning and not to leave the BBQ unattended.
- Light the BBQ well in advance of when you want to start cooking make sure you use enough charcoal, and wait until it is glowing red (with a powdery grey surface) before starting to cook. (For gas BBQ's follow manufacturer's instructions on pre-heating times)
- Ensure that the 'chef' wears a clean apron and washes hands and utensils before cooking, after touching raw meat and before eating.
- Keep raw meat wrapped and refrigerated for as long as possible before cooking – and keep it warm after cooking by placing it in a pre-heated oven.
- Keep all raw and cooked meat separate.
- Make sure frozen meat is thoroughly thawed (unless otherwise stated) before cooking and do not refreeze once thawed.
  - Use separate BBQ utensils when handling raw and cooked food.
- Don't put cooked food onto a plate or surface that was used for raw meat.
- 9 Check sausages and burgers are cooked through, (juices should run clear).



## Teriyaki Pork Steak

Feeds:

Time to cook: Approximately 15 minutes plus 1-2 hours marinating time

Take

Lean loin or leg pork steaks Garlic Fresh root ginger Soy sauce Honey

### For the noodle salad:

Egg noodles Beansprouts Spring onion Pak choi Red pepper

#### Make

Place 2 lean, pork loin or leg steaks, fully trimmed, in a dish and add 2 cloves garlic, crushed, 2cm (3/4") root ginger, peeled and grated, 15ml (1tbsp) soy sauce, and 15ml (1tbsp) honey. Mix well, cover and refrigerate for 1-2 hours.

Cook 100g (4oz) egg noodles until soft, run under cold water to cool. Add 75g (3oz) beansprouts, 2 spring onions, sliced, 1 head pak choi, sliced, and 1/2 red pepper, seeded and sliced.

Dry fry the pork steaks on a preheated BBQ or griddle for 6-8 minutes on each side.

#### Eat

Serve the pork steaks with the noodle salad.





# Moroccan Style Pork

Feeds:

4

Time to cook:

Approximately 20 minutes

Take

Lean loin pork chops or steaks Cumin, cinnamon and ginger, yogurt

### For fruity salsa:

Mango

Fresh coriander
Fresh parsley
Red onion
Cumiun, ginger and cinnamon

Make

In a dish mix together 5ml (1tsp) cumin, 5ml (1tsp) cinnamon, 2.5ml (1/2tsp) ginger and 150g pot natural yogurt. Add 4 lean pork chops or steaks and mix well to coat. Cover, refrigerate and leave for 2-3 hours for the flavours to infuse. Barbecue or grill.

Loin or leg steaks - 1-2cm (1/2-3/4) 12-16 minutes,

turn once

Chops -

2cm (³/4") 16-20 minutes,

turn once

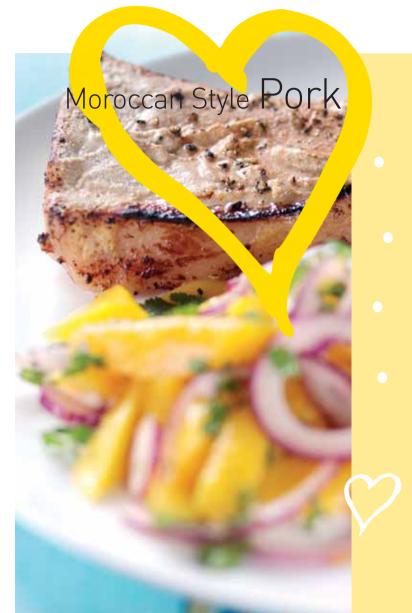
Mix together 425g canned mango, drained and chopped, 15ml (1tbsp) fresh coriander, chopped, 15ml (1tbsp) fresh parsley, chopped, 1 small red onion, sliced, and a pinch of cumin, ginger and cinnamon. Serve as a fruity Moroccan salsa alongside the cooked chops or steaks.

#### Eat

Serve with new potatoes and a large mixed salad.

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## Zesty Pork Kebab

Feeds: Time to cook: Makes 4 kebabs

Approximately 15 minutes plus 1-2 hours marinating time

#### Take

Lean pork loin or leg steaks or fillet Orange zest and juice Cumin seeds English mustard

#### For cous cous:

Cous cous
Orange zest and juice
English mustard
Fresh coriander
Spring onions

#### Make

Cut 225g (8oz) lean, fully trimmed pork loin or leg steaks or fillet into cubes and mix together with zest and juice of 1 orange, 5ml (1tsp) cumin seeds and 5ml (1tsp) English mustard. Mix well, cover and refrigerate for 1-2 hours to let the flavours infuse.

Thread the pork cubes onto skewers and cook under a preheated BBQ or grill for 12-15 minutes.

Meanwhile place 150g (5oz) cous cous in a bowl. Mix together 240ml (8floz) boiling water with zest and juice of 1 orange and 5ml (1tsp) English mustard. Pour over the cous cous, cover with clingfilm and leave to soften for 10-15 minutes. Stir through 15ml (1tbsp) fresh coriander, chopped, and 2 spring onions, chopped.

#### Eat

Serve the kebabs with the cous cous, extra vegetables and a low-fat yogurt dip.

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