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MINDEN GRILL COMPANY OFFERS FOOD HANDLING SAFETY TIPS

MINDEN, NV. (June 29, 2007)- When carrying food to a picnic, the beach, or a tailgating party, keep it cold. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 degrees Fahrenheit. Remove food from the refrigerator and pack the cooler just before leaving the house.

If using take-out foods such as deli potato salad, coleslaw, or baked beans, eat within two hours of purchase. Otherwise, purchase in advance and chill thoroughly then transport in a cooler and reheat those that should be hot just before eating.

Store refrigerated meat in the coldest part of the refrigerator in its original packaging. The more times the food is handled, the more chance of contamination. Put a plate under the package or place in a plastic bag to avoid juices dripping onto refrigerator shelves.

Thaw frozen food in the refrigerator, never on the counter. Allow sufficient defrosting time. Or, immerse packaged food in cold water to thaw.

Hand washing is paramount. Wash hands in hot, soapy water before preparing food, after touching raw meat, and after any interruptions such as using the bathroom, handling pets or stopping to help children.

Keep raw meat, poultry, fish, and their juices away from other food. That means thoroughly washing cutting boards, knives, platters, etc. before letting them come in contact with other foods that you're preparing or with cooked foods that you're about to serve.

Sanitize cutting boards and counter tops with chlorine bleach. Pour a small amount on the surface and let stand several minutes, rinse thoroughly and air dry or dry with a clean paper towel. Soak sponges and dishcloths in hot soapy water to which you've added chlorine bleach.

Marinate meats at least 30 minutes in the refrigerator before cooking to add flavor and coat the meat. Reserve a portion of the marinade before putting on raw meats if it is to be used later. Throw away any leftover marinade that has been used. A helpful hint is to check marinade recipes for suggestions on specific cuts of meat, poultry and seafood.

Boil any marinade to destroy bacteria if you plan to baste with it or serve it with the cooked meat. Never save marinades for reuse.

(more)

On the grill

If pre-cooking meat before grilling, never let partially cooked food sit for more than a few minutes before tossing it on the grill to finish it.

Trim any excess fat from meat and poultry to help prevent grill flare-ups. Also, try lining the grill cooking surface with punctured aluminum foil, or cedar plank cooking to protect against flare-ups and charring. Turn food often with tongs to prevent charring. Browning is good, but charring is not. Do not press, flatten or pierce the meat – flavorful juices will be lost and may cause flare-ups. Browning is a key flavor factor and helps impart delicious flavor and aroma to foods. Should your meat become charred, remove those areas before eating.

Use Proper Cooking Temperatures – Proper cooking temperature is critical to delicious, flavorful food. Use medium heat. High heat can overcook or char the outside of meat, poultry or seafood while the interior remains underdone.

For charcoal grilling, medium heat is achieved when coals are no longer flaming, and are medium, ash-covered and spread in a single layer.

For gas grilling, consult your owner’s manual for specific information about preparing the grill for medium heat since gas grill brands vary greatly.

Cook to Proper Doneness – Overcooking meat, poultry or fish is not recommended. Use a meat thermometer or an “instant read” digital thermometer inserted horizontally into the side of meat, poultry and seafood to check doneness.

Recommended Internal Temperatures:

Poultry	165 degrees F
Ground beef	160 degrees F
Pork (chops, ground, tenderloin)	160 degrees F
Large cut pork roasts	150 degrees F
Beef roasts, steaks, seafood and lamb	145 degrees F

Reheat foods or fully cooked meats like hot dogs by grilling to 165 degrees F or until steaming hot. When grilling away from home, take meat out of the cooler just in time to put it on the grill and never take out more than will fit for immediate grilling. Keep cooler closed.

After Cooking

Keep cold foods cold and hot foods hot when grilling and serving. Be sure to refrigerate leftovers within 2 hours after cooking. The danger zone where bacterial can multiply is between 40 degrees F. and 140 degrees F.

Refrigerate leftover food quickly (no more than two hours) and use within a couple of days.

For more information visit www.MindenGrill.com, or by phone at (877) 690-0900.