

PANHANDLE PATH TO HEALTHY LIVING



Grill Like a Texan!

The 4th of July and BBQ season are here! This is a great time to break out the grills and serve a delicious meal to family and friends! If you are new to grilling and looking to buy a new grill or just wondering which grill is the best option for you, I'll share a tips to get you started. I'll also share some delicious tips and tricks and great recipes for your family to enjoy as well as safety tips. So let's ***Grill Like a Texan*** and have a safe and healthy 4th of July and enjoy the rest of your summer out by the grill!

Lizabeth Gresham

Path to Grilling Safety....

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.

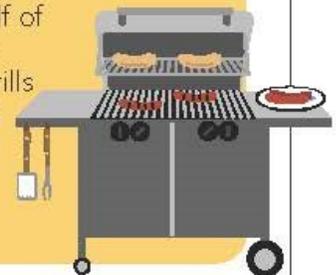
PROPANE Grills

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.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

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Charcoal vs. Gas Grilling Safety....

BBQ season is approaching! Which brings the opportunity for everyone to break out their grills and gather with friends and family! If you are looking to buy a new grill or just wondering which grill is the best option for you, here are a few things to consider.

1. **Cost:** Charcoal and gas grills can range in price and size. Most charcoal grills are less expensive than gas grills. Although if you plan on cooking often on the grill, gas grills can be quite manageable with only needing to purchase propane. Charcoal grills are less expensive to purchase but can add up in cost with charcoal and lighter fluid.
2. **Flavor:** Sometimes it comes down to flavor. This is a personal preference, gas grills provide a flavor more consistent with high heat, while charcoal depending on if you use briquettes or wood can give a smokier flavor. Remember to reduce flare-ups on both gas and charcoal grills by moving foods with fat to another part of the grill or reduce the heat.
3. **Portability:** If you plan on taking the grill just for tailgating, camping, or other outdoor occasions, charcoal may be the best option. Charcoal grills come in very convenient and portable sizes. Portable gas grills are very expensive and may not be worth the cost for the occasion.

In the end it really depends on how much you want to spend, the flavor, and if you need something portable. Either way both grill types are a good option and will help make your tailgating or outdoor grilling a fun and memorable experience. Just remember to be safe when grilling any food for any occasion. No matter what type of grill you use, always grill outside in a well-ventilated area. Never use alcohol, gasoline, or kerosene on a grill; use lighter fluid which is made specifically for use with charcoal grills.

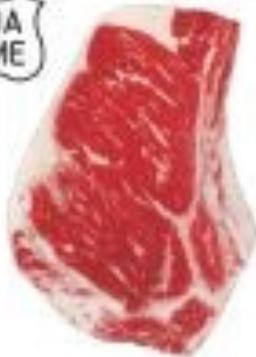


Grilling Quality Beef Cuts....

USDA BEEF
QUALITY
GRADING

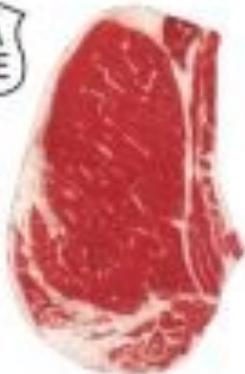
UNDERSTANDING BEEF QUALITY GRADES

USDA
PRIME



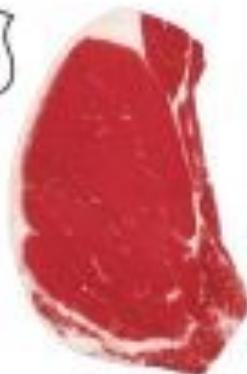
Prime beef is produced from young, well-fed cattle. It has the most marbling, is produced in smaller quantities than other grades, and is often sold in hotels and restaurants. Prime roasts and steaks are excellent for roasting, grilling or broiling.

USDA
CHOICE



Choice beef is high quality and produced in highest quantity, but has less marbling than Prime. Choice roasts and steaks, especially from the rib and loin, will be very tender, juicy and flavorful. They are suited for roasting, grilling or broiling. Less tender cuts are perfect for slow-cooking.

USDA
SELECT



Select beef is slightly leaner than Prime and Choice because it has less marbling. It can lack some tenderness, flavor and juiciness as compared to the higher grades. Select grade beef often benefits from slow-cooking or from marination prior to grilling or broiling.

NO ROLL

Standard and Commercial grades of beef are frequently sold as ungraded "No Roll" beef. Because No Roll does not carry a grade designation, there is a risk it will not be as tender, flavorful and juicy as products graded Prime, Choice or Select.

FACTORS IN DETERMINING A QUALITY GRADE:

Distribution of
Marbling within Lean
Muscle at
12th/13th Rib

Age/Maturity of
Carcass

Color, Texture &
Firmness of Lean
Muscle

WHAT IS MARBLING?

Marbling, also known as intramuscular fat, is the fat intermingled with the beef muscle. Marbling is the primary factor in determining the quality grade of a beef carcass. When determining the amount of marbling, a grader will look at the ribeye where the carcass is cut at the 12th & 13th rib junction. Marbling helps ensure tenderness and is a strong visual predictor of beef tenderness, flavor and juiciness and improves the overall palatability of beef.



Funded by Beef Producers and Consumers

Storing Beef Safely....

REFRIGERATOR AND FREEZER STORAGE GUIDELINES

Recommended Storage Times for Maximum Quality

Beef Cut	Refrigerator 35°F to 40°F	Freezer 0°F or below
Fresh Beef		
From Purchase Date		
Steaks, Roasts	3 to 4 days	6 to 12 months
Stew Meat, Kabobs or Strips	2 to 3 days	6 to 12 months
Ground Beef	1 to 2 days	3 to 4 months
Leftover Cooked Beef		
All	3 to 4 days	2 to 3 months
Cured/Smoked/Ready to Eat Beef		
Corned Beef, ready-to-cook	1 week	2 weeks
Frankfurters, Deli Meats	3 to 5 days	1 to 2 months
Beef Sausage, smoked recommended	1 week	Not
Beef Sausage, dry and semi-dry, unsliced	2 to 3 weeks	Not

Defrosting Guidelines

For best quality, defrost beef in the refrigerator, never at room temperature. Place frozen package on a plate or tray to catch any juices and place in the refrigerator according to chart.

Beef Cut	Package Thickness	Approximate Refrigeration Time (35°F to 40°F)
Steaks, Ground Beef*, Stew Meat, Kabobs or Strips	½ to ¾ inch 1 to 1-½ inches	12 hours 24 hours
Small Roasts Thin Pot Roasts	Varies	3 to 5 hours per pound
Large Roasts Thick Pot Roasts	Varies	4 to 7 hours per pound

* According to USDA, Ground Beef can be defrosted in the microwave, but it must be cooked within the same day.

Beef can be refrozen as long as it was defrosted properly and is used within the freezer storage guidelines above.

Grilling Fruit....

Tricks for
Grilling Fruit



Now, we all know the grill was made for cooking steak, hamburger and other BBQ favorites. But, have you ever thought about grilling fruits and vegetables? The grill is a great method to cook fruits and vegetables because of how quickly they cook and the unique flavor grilling incorporates. You can grill almost any fruit or vegetable, so let your creativity flow! A few key things to remember when grilling fruits or vegetables – Here are our best tips:

1. RIPE BUT NOT TOO RIPE

You want to grill fruit right before you'd normally eat it as is. It should be slightly firm so that it holds up on the grill. The heat caramelizes the sugars in fruit and weakens the structure, so something overripe or mushy will be more likely to fall apart.

2. BIGGER IS BETTER

Cut fruit into large chunks to keep it from falling between the bars of the grill grate. Even if you're working with a grill pan indoors, you want to go for bigger pieces in order to maintain the structure of the fruit. Bonus tip: if you're grilling bananas, keep them in the peel to protect the soft texture — the high heat will ensure that they cook through.

3. PICK YOUR FAT

Brush fruit with a high-heat, neutral oil. [Small Amounts] of Melted unsalted butter or clarified butter also works well.

4. DO NOT DISTURB

Grill fruit over high heat for 3 minutes without moving or turning it to get the perfect sear (and coveted grill marks!). Flip and cook for 1 to 3 minutes more.

5. USE THE TOP RACK

If you're working with more delicate slices, cherries, or berries, move the whole operation to the top rack if you have one, or in a perforated grill basket or sheet—even a foil pouch or boat if that's how you're rolling. The lid still goes down, but you'll need to check more frequently.

So get out outside and start up that grill for some healthy cooking. Have a happy and healthy August!



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TEXAS A&M AGRI LIFE EXTENSION

Lizbeth Gresham is a Family and Community Health Agent with Texas A&M AgriLife Extension **Potter** County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

Lizbeth Gresham

TEXAS A&M AGRILIFE EXTENSION SERVICE

Lizbeth Gresham

Potter County

3301 SE 10th



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



dinnertonight.tamu.edu

For Delicious Grilling Recipes!

Path To The Plate...

Grilled Steak Tacos

Ingredients:

- 2 pounds sirloin steak
- 1 teaspoon salt
- 1 teaspoon pepper 1 teaspoon garlic powder
- 16 mini corn tortillas
- 1 cup onion finely chopped
- 1 cup cilantro
- 2 limes sliced
- Fresh Salsa

Wash your hands and clean your preparation and grill area.

Warm a grill of choice to medium-high heat

While grill is preheating, season steaks with salt, pepper and garlic powder

Place steaks on warm grill. Turn steaks every 4 minutes and cook to your liking. Using a food thermometer, make sure the internal temperature of the steaks reach a safe minimal internal temperature of 145° F or 145 degrees Fahrenheit

Warm tortillas on the grill away from the cooking steaks and keep warm in aluminum foil.

Remove from the grill and slice into thin strips about ¼ of an inch thick.

Fill each tortilla with steak, onion, cilantro, and top with a squeeze of lime juice

