Barbecues require planning, preparation and precaution

ITHACA, NY — After a cold wet spring, it's finally time to enjoy outdoor barbecues. To avoid the ills of ourdoor grills, though, care must be taken.

"Planning, preparation, and precaution" is the simple advice that works every time, says food safety expert Robert Gravani, an assistant professor of food science at Cornell University.

Cooking outside is one of summer's popular pleasures; 80 percent of U.S. family household own at least one grill. More than 1.15 billion family barbecues are forecast for the 1984 season.

To prevent a dinner from turning into a disaster, Cornell's Gravani suggests some guidelines that should be followed. To start a fire, for example, use only an approved lighting fluid with water nearby to queich sudden flare-ups.

"Gasoline never should be used because of its explosive nature," warns Gravani.

Once a fire has started, never add starter fluid because fire can follow the stream of the liquid back to the can and cause an explosion.

Coals should be white hot with not flames; It takes about 35 minutes to have a fire ready for cooking. To determine if the coals are ready, place the palm of your hand over them at grill height.

"If you can keep it there for two seconds, the coals are hot, four seconds means the coals are medium hot, and five seconds indicates low heat," Gravani points out.

More and more people are turning to liquified petroleum gas (LPG) to fire home barbecues, but an LPG cylinder has an explosive force equivalent to several sticks of dynamite.

Ernie Thurston, an officer with Cornell's Division of Life Safety Services, stresses that LPG cylinders never should be transported in trunks of passenger vehicles, but should be placed in an upright position on the floor of the vehicle.

"Never leave a cylinder in a parked vehicle, and be sure that all the connections are tight when you hook the gas up to a grill," Thurston warns.

It's important that grease does not drip on the hose or cylinders because it can catch fire. And, he adds, keep children clear of gas fired barbecues.

"Never store spare LPG cylinders or ones attached to a grill inside any structure, including porches and balconies," Thurston says. "Instead, they should be stored outdoors in cool, shaded

When the meat is barbecued, the best part of the cookout or picnic follows soon. In the anticipation of eating, some other precautions should be remembered in order to avoid becoming one of the two million annual cases of bacterial food poisoning.

"Don't use platters or utensils that were used for raw meat to serve cooked foods," Gravani warns, "unless they have been washed with soap and water to prevent cross contamination."

Be sure to keep hot foods hot and cold foods cold until after the meal. At that time, food should be refrigerated as soon as possible.

Although many people think that picnic foods containing mayonnaise can cause food poisoning, mayonnaise actually discourages the growth of most harmful bacteria because of its high acidity. Adding mayonnaise or salad dressing to a food, in fact, may help reduce the likelihood of food poisoning, although it is no substitute for proper refrigeration.

High protein and starchy foods, such as meat, fish, poultry, and potato salad, can cause problems quite readily if they are not handled properly and kept cool.

Handle all foods correctly and picnics will be enjoyed by everyone. If there are any doubts about foods that have been left at room temperature for long periods of time, it's better to throw them away than to risk food poisoning.

"When in doubt, throw it out," says Gravani, a specialist in microbiology.

Teach children dangers of charcoal fires

NORRISTOWN You've probably taught your children that touching a hot kitchen range can be dangerous, but Nancy B. Stevens, Penn State extension home economist, suggests you extend the lesson to include outdoor cooking fires.

Young children are often the victims of outdoor cooking accidents, many of which are the result of careless use of charcoal. That innocent-looking gray ash on a chunk of charcoal hides a very hot fire. Any piece showing even a tiny fleck of gray ash can produce a serious burn.

Before starting a fire, make sure your grill is sturdy and set firmly on the ground so it will not tip or spill. Keep children and pets away from grills and do not permit small children to hlep build or extinguish

Never use additional starter or lighter fluid on a fire that is already burning. Flare-ups have caused many serious accidents. Use only approved starter fluids: gasoline, kerosene, fuel oil and lighter fluid are dangerous and should not be used.

Make sure your fire is dead before you leave the area. Soak the area beneath the grill or fire with water. Many children have been seriously burned by running through hot ashes or stepping on

the hot ground lett under a tire or portable grill, warns Stevens.



Delaware Co. forms seeing eye club

MEDIA — Delaware County 4-H is forming a Seeing Eye Puppy Club. The purpose of this club is to raise puppies for about one year that will then be trained as a leader dog for a blind person, according to Nadine B. Albany, Delaware county extension, 4-H Youth Agent.

The club is open to any Delaware County boy or girl between the ages of 8 and 19. The organizational meeting will be on June 20, at 7:30 p.m. in the 4-H Center in Rose Tree Park. At that time a presentation will be made by "Seeing Eye" - the organization

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imum of maintenance

that trains leader dogs for the blind and a demonstration with puppies will also be given.

Youth interested in joining this club will need family cooperation and support. Monthly meetings will be held at the 4-H Center and outings will be planned.

For further information or if you cannot attend the meeting but are interested in joining this club call the 4-H Office at 565-9070 and talk to Nadine. Penn State is an affirmative action, equal opportunity university.

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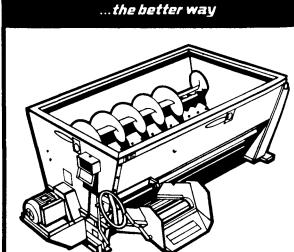
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