

**Family Living
Focus**

by
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Here are some simple guidelines:

- Marinade flaky fish filets in lightly flavored marinades usually no longer than 30 minutes.
- Pork ribs and thick, less tender cuts of beef should be marinated in a strong flavored, moderately acidic marinade several hours or overnight.
- Never marinate food longer than 24 hours or it will begin to break down and become spongy. Expect to use 1/4 to 1/2 cup of marinade for every one to two pounds of food.

Let's try some recipes:

Marinated Chicken Breasts
3/4 cup commercially prepared or "your own favorite" barbecue sauce

2 chicken breasts, split, boned
Pour barbecue sauce over chicken. Cover; marinate 1 hour. Drain, reserving barbecue sauce.

Place chicken on greased grill over low coals (coals will be ash gray). Grill 10 minutes on each side, brushing frequently with reserved barbecue sauce.
Makes 4 servings.

Marinated Grilled Pork
6 pork chops or pork tenders, cut approximately 3/4 inch thick

Pork Marinade
2 teaspoons of finely shredded ginger
1 1/2 teaspoons each allspice and curry powder
1/2 teaspoon each cayenne pepper and cinnamon
1/3 cup lime juice
1/4 cup Worcestershire sauce
2 tablespoons brown sugar

In a sealable plastic food storage bag or glass bowl combine ginger, allspice, curry, cayenne and cinnamon. Add lime juice, Worcestershire sauce, and brown sugar to spice mixture; seal bag and shake to blend or stir ingredients in bowl.

Place pork chops or tenders in bag and remove excess air, reseal bag and turn to coat.

If using a bowl: pour marinade over pork and seal with plastic wrap.

Refrigerate 6 to 8 hours. Remove pork from bag or bowl and discard marinade.

Grill pork on grid over medium-hot coals, 4 to 5 minutes per side until the juices run clear, turning once. Garnish with lime wedges, if desired. Makes 6 servings.

Grilled Bananas with Maple Yogurt

4 large bananas
2 tablespoons maple syrup
1 teaspoon lemon juice
1/4 teaspoon cinnamon
1 cup lowfat, unflavored yogurt ★
2 tablespoons maple syrup
1/2 teaspoon vanilla

Peel bananas and cut in half lengthwise. Combine maple syrup, lemon juice, and cinnamon. Brush on bananas. Place bananas in the center of cooking grate and grill one minute on each side or until slightly browned and warm. Cut into halves.

Combine yogurt with maple syrup and vanilla. Sweeten to taste. Drizzle yogurt over bananas.

★ Yogurt

Place 2 cups unflavored natural low-fat yogurt in a strainer that has been lined with cheesecloth and set over a bowl. Cover with plastic wrap and refrigerate overnight. The "whey" will drain into the bowl leaving double thick yogurt in the strainer.

Creating Meals on the Grill
Grilling has become a way of cooking both indoors and outdoors that is fast and can be very tasty. Marinades can help fresh vegetables and various meats and fish maintain moisture as you grill them.

When grilling marinated foods turn food with long handled tongs or a metal spatula, not a fork, to prevent juices from escaping. If a marinade containing sugar, honey, or tomato

products is used as a basting sauce apply it only during the last 15 to 20 minutes of grilling to prevent food from charring. Oil based marinades may be brushed on foods throughout grilling.

Though marinating is easy, it requires a balance between time and ingredients, or food may absorb too much or too little flavor judging marinating time depends upon the marinade's flavor intensity and the food's size and texture.

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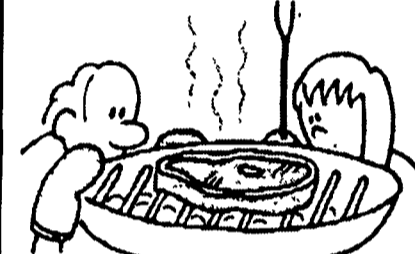
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Penn State Pointers ▶ Backyard Grilling Food Safety

COOKING TEMPERATURES	
Product	Fahrenheit
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey chicken	165
Veal beef lamb pork	160
Fresh Beef	
Med Rare	145
Med	160
Well Done	170
Fresh Veal	
Med Rare	145
Med	160
Well Done	170
Fresh Lamb	
Med Rare	145
Med	160
Well Done	170
Fresh Pork	
Med	190
Well Done	170
Poultry	
Chicken whole	160
Turkey, whole	180
Poultry breasts roasts	170
Poultry thighs wings	Cook until juices run clear
Stuffing (cooked alone or in bird)	
Duck & Goose	185
	180
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140



Remember...

- Keep hot food hot, cold food cold. Chill meats until ready to grill.
- Marinate raw fish, meat or poultry in a glass dish in the refrigerator.
- Avoid using marinade as a basting sauce or dip if raw meat has been placed in it.
- Charcoal should burn for 30 minutes before cooking. Coals with a light ash coating cook best.
- Use a meat thermometer to make sure the proper internal temperature has been reached.
- Do not place cooked foods on plates that have held raw meat.

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