

BBQ HIRE GUIDE



Based on guidelines from
the Food Standards Agency



April 2016

BBQ OPERATION

Permanent traditional charcoal BBQ's are located within the Activity Centre, Main Car Park, Games Field and Visitor Centre. Mobile BBQ's are hireable for use elsewhere e.g. Games Field, Upper Car Park or Picnic Green but must be kept away from activities to minimise risk of being knocked over.

What we provide: BBQ with grills (and serving table, on request).

What you will need to light your BBQ:

- Your preferred charcoal i.e.
 - **Lumpwood charcoal** - wood fired in a kiln resulting in a very combustible form of carbon. The best quality lumpwood charcoal will achieve a higher temperature.
 - **Instant lighting lumpwood** - charcoal impregnated with a lighting agent, removing the need for lighting fluid or firelighters. However these additives can taint food with an undesirable taste.
 - **Charcoal briquettes** - uniformly shaped lumps of fuel made from particles of waste charcoal mixed with a starch binder. Once lit they tend to burn up to twice as long as lumpwood charcoal and provide a more constant cooking temperature.
- Safety matches and firelighters/newspapers or lighting fluid (depending on type of charcoal used); and
- BBQ cooking utensils and protective gloves/aprons.

Lighting the BBQ

After lighting, allow approx. **30 - 45 minutes** before cooking. The best method to light charcoal uses nothing more combustible than some newspaper and a charcoal chimney starter. However, the most popular methods are as follows:

Option 1: Firelighters

1. Build a pyramid shape, like a camp fire, with the charcoal and insert 3 charcoal firelighters evenly spread into the pyramid. Light with a safety match and leave for 20-30 minutes until the flames have died down and the charcoal has turned white on the surface.

Remember: Always wait for the flames to die down as firelighters give off kerosene fumes that do not smell pleasant.

Option 2: Firelighter Fluid

Lighter fuels are extremely flammable so always follow manufacturers guidelines. Only apply **before** lighting.

1. Build a pyramid shape, like a camp fire, with the charcoal then pour lighter fluid over it, concentrating on the centre, making sure each piece of charcoal has fluid on it. Use approximately 60ml to 450g charcoal.
2. Do not leave unlit any longer than it takes to secure remaining fluid in a safe place. Alight barbecue using a taper or long safety match from the bottom on at least two sides.

Restrictions

- Never add lighter fluid to burning coals or to re-ignite warm coals. Even if there is no flame the warm coals will vaporise the lighter fluid and can cause a serious flame up or explosion the second the vapour encounters a flame - even a cigarette end.
- **Do not** use petrol, paraffin or other flammable products to light a barbecue. Keep matches, firelighters and fuels well away from lit barbecues and children.

BBQ Lighting Tips

- **Do not** use too much charcoal. If you need to add more charcoal, place it around the edge.
- The biggest mistake is to start cooking before the charcoal is ready. If your party starts at 7.00pm, light at 6.15/6.30pm.
- Leaving charcoal in a pyramid will produce a small area of concentrated heat. Spread the charcoal to produce a larger area of medium heat.
- Do not cover the entire barbecue base with charcoal. Leave some space for a cooler section so you can move food around, particularly if it starts to burn.

For mobile BBQ:

- Make sure the mobile barbecue is located on an even surface and well away from combustible objects and clear of people. **Never attempt to move** the barbecue once it is lit.

BBQ COOKING

Before your visit check your group for special dietary needs, e.g. vegetarian, so appropriate food can be provided.

Remember to bring:

- BBQ equipment and cooking utensils i.e. tongs, knives, cooking apron, skewers, h and towels and tea towels etc.;
- Wash hand basin and washing up liquid - hot water is available onsite; and
- Silver cooking foil - essential for insulating, cooking and storing food.

Cooking Method

- Large pieces of meat or joints are unsuitable for direct cooking on these BBQ's.
- Food placed over hot charcoal will need turned several times to avoid burning and charring. Tongs are advisable over forks as pierced meat will drip juices onto the charcoal and encourage flames. For the same reason, be careful of fatty foods and **NEVER** pour oil onto cooking food.

Cooked food can be kept warm without burning if placed on a double layer of tin foil on the barbecue grill, although foil should not be used until food is ready.

Tips for the Chef

- Preparation is essential so ensure everything else is ready before cooking so food can be served straightaway. (Make sure frozen/chilled foods are fully thawed before cooking begins.)
- Never leave raw food in the sun, keep it covered and away from children and pets until ready to be cooked.
- Do not pack food onto a skewer too tightly as this will not allow each piece to cook thoroughly.
- Turn food regularly and move it around the barbecue to cook it evenly. Food will cook best over glowing embers rather than a flame; have a spray bottle of water handy to extinguish any flames as they appear. Do not assume meat charred on the outside will be cooked properly on the inside.

- Always ensure even the centre or thickest part of food is piping hot and that meat is not pink and its juices run clear before serving. The same stands for re-heated foods.
- Preferably before cooking meat on barbecue, cook indoors as per manufacturer's instructions and finish off on the barbecue.

Supervision of BBQ

- Once alight, never leave unattended - keep young children well away from the barbecue.
- A responsible adult must be tasked with looking after the barbecue at all times and there will be a bucket of water or water fire extinguisher nearby in case it is needed to put out the BBQ or in case of burns to participants. Food must be cooked properly as outlined by enclosed FSA guidelines

Extinguishing the BBQ

- When finished cooking, check with Park staff to see if there is another group due in to use the BBQ, after your booking. The hot cinders can then be kept in place, to be reused and staff will replace the grill. Please **DO NOT** pour water on hot grills as it could lead to metal splintering.
- Park staff have appropriate PPE and are responsible for dealing with BBQ cinders and ash. Cinders will remain very hot and pose a fire risk for a considerable time. Even after staff douse with water, care must be taken until all cinders are cooled. More than one dousing with water may be required to extinguish the burning coals. Park staff will then leave a period of time, one to three hours, to check that the embers are completely out. While embers are cooling please ensure that your group stays clear of the BBQ area.

Disposal of Ash and Cinders

Park staff will ensure that ash and cinders are disposed of in an appropriate location following extinguishment of fire.

Fire Prevention

- Fire buckets with water and sand are located next to the BBQ. A first aid kit is available within the Visitor Centre and from Activity Centre staff.

BBQ HYGIENE

Bugs such as *E.coli* O157, salmonella and campylobacter can cause food poisoning leading to serious illnesses.

Keeping Your Food Safe (Food Standards Agency Guidance)

Ensuring good hygiene can prevent food poisoning. Hygiene refers to a number of things you can do to stop harmful bacteria reaching your plate. These are the main steps to keep food safe:

1. Prevent cross-contamination;
2. Keep preparation and cooking areas clean and follow good personal hygiene;
3. Store foods at the right temperature; and
4. Cook foods thoroughly.

1. Prevent Cross-contamination

Raw meat can contain food poisoning bugs. If raw meat touches or drips onto cooked or ready-to-eat food, the bugs can get onto that food too. Bugs can also transfer onto food from your hands, chopping board, knife or tongs. This is called cross-contamination. You can prevent it by doing the following things.

- Always wash your hands thoroughly before food preparation and after handling raw meat;
- Do not put raw meat products next to cooked or partially cooked meat on the barbecue;
- Use separate chopping boards /work surfaces /utensils for raw and cooked meat with knives or other utensils thoroughly cleaned after use with raw food;
- Keep raw meat in a sealed container away from ready-to-eat foods, such as burger buns and salads.

Never put cooked food on a plate or surface that has been used for raw meat.

2. Cooking Area and Personal hygiene

Hand washing facilities are available in the Activity Centre and in the Visitor Centre. Make sure you wash your hands thoroughly using warm running water and soap. It is also important to dry your hands thoroughly as bacteria spread more easily if your hands are damp.

Dry your hands on a clean hand towel, not a tea towel or apron. Washing your hands before and during food preparation is one of the best ways to prevent the spread of food poisoning bacteria. Wash your hands before handling cooked foods and use clean utensils instead of hands where possible e.g. clean tongs. It is also very important to wash your hands after handling raw foods as you could spread bacteria from them to other foods (cross-contamination). Remember to thoroughly clean and dry the preparation areas and cooking utensils used for raw meats, burgers and sausages as soon as possible after use, using hot soapy water or disinfectant spray.

And remember:

- Do not allow anyone to assist with food preparation or cooking who has been ill with stomach problems, such as diarrhea or vomiting;
- Do not touch food if you have sores or cuts, unless they are covered with a waterproof dressing; and
- Disposable gloves should be made available for handling food.

3. Storing

It is important to store food carefully to prevent it expiring or becoming contaminated. There are 3 main things to remember:

- keep food at the right temperature;
- observe "Use by" dates; and
- separate raw foods from ready-to-eat foods.

Certain foods need to be kept at the right temperature to prevent bacteria growing or toxins forming. If the packaging label says the food needs to be refrigerated, make sure you keep it in the fridge or a cool box. Cooked leftovers should be cooled quickly and then put in the fridge within 1-2 hours. Putting food in shallow containers and dividing it into smaller amounts will speed up the cooling process. Store raw meat in sealable containers at the bottom of the fridge, so it cannot touch or drip onto ready-to-eat food. Do not overload your cool box as this will hinder the circulation of cool air and may mean food is not kept cool enough.

4. Cooking

Proper cooking kills bacteria such as salmonella and campylobacter. It is important to cook food right through, especially meat. If you eat or serve undercooked food you are risking food poisoning. If meat is properly cooked the centre of the meat should not be pink and the juices should run clear when tested with a skewer, which should be clean each time it is used.

Burgers and sausages (FSA advice)

As with all meats, beef burgers, sausages and other minced meat products must be properly handled before, during and after cooking to avoid food poisoning, in particular, *E. coli* O157 infections which can have debilitating effects on young children. Ensure adherence to all cooking conditions previously stated alongside manufacturer's preparation and cooking instructions. This includes cooking burgers and sausages until they are piping hot throughout (they need to reach a temperature of 70°C for two minutes during cooking) and the juices run clear.

PICNICING IN THE PARK

Do not take food out of the fridge until the last minute and use a cool box to keep it chilled until you're ready to eat. It is especially important to keep dairy, meat and poultry foods cool. Remember to wash fruit and salad vegetables thoroughly before you set off. Always try to wash your hands before eating but, if you can't, you could use antibacterial gel, hand wipes or disposable gloves instead. When you are eating outdoors you should also remember to keep food covered whenever possible to protect it from insects, birds and pets, which can carry bacteria.

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