FOR A BANGING BBQ...

HIT THE HEIGHTS WITH PERFECT TEMPS AND PREPARATIONS

Cooking temps for BBQ treats

When cooking, it's critical that you get the right temperature for the right protein. We recommend using a digital meat thermometer and sticking it into the fattest part of the protein (you're trying to get the point into the middle) to make sure it's hit a safe temperature. We've given guide temperatures below just to be sure.

Fish	Beef/steak	Lamb	Burgers	Sausages	Chicken	Pork
63°C	65°C	70°C	71°C	71°C	75°C	75°C

How to prep like a pro

1. Take any meat out of the freezer **12 hours** before.
2. **Assemble drinks**, chill if necessary (Chief BBQer should skip alcohol until grilling is done).
3. Get your **music playlist** ready so that you don't have to worry about it **while cooking.**
4. **Pre-make any sides** that will **store well,** such as salads and slaws.
5. Set up **separate workstations** for **raw** and **cooked meats** to avoid cross contamination.
6. Get your tongs, **meat thermometer, glazing brush** and **oven glove** together.
7. Grab a plate for **cooked items** to come straight off the heat and **rest.**
8. Have a **bucket of sand** of water to hand, just in case.
9. Make sure your **glazes, marinades or sauces** are ready to go.
10. Wait until your BBQ is at least **180°C,** then fire in!

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