

# GREAT GRILLING

## It's Time For Burgers And Tailgating

(NAPSA)—Tailgating is an American tradition signaling a time for celebrating, sport and plenty of good food.

Says tailgating commissioner Joe Cahn, of the Web site [www.tailgating.com](http://www.tailgating.com), tailgating spots are often referred to as the last great American neighborhood. As the world's only professional tailgater, Cahn has driven over 217,000 miles, visited hundreds of cities and seen millions of fans.

America's love affair with beef as a tailgating favorite endures. According to a recent study by the Weber-Stephens Company, burgers are consumed by nearly 76 percent of tailgaters, making them the most popular food in the parking lot.

According to a study conducted by the NPD Group, beef is grilled at 38 percent of all grilling occasions, with burgers/ground beef representing 20 percent; steaks, 16 percent; and other beef items, two percent.

### Beef-Grilling Tips

These tips from BeefItsWhatsForDinner.com can help make for winning tailgating:

- When preparing your tailgate feast, rub spices on burgers, wrap individually in cellophane and refrigerate the day of the game. Keep cold in disposable containers.

- Keep raw meat and meat juices separate from other foods during refrigeration and preparation.

- Never place cooked foods on the same platter, board or tray that held raw meat. Carry un-



cooked meat to the grill on one plate; use a clean plate for the return trip with the cooked meat.

- When basting, brush sauce only on cooked surfaces.

- Charring meat is not recommended. Grill over medium to medium-low coals. Never grill while the coals are still flaming; wait until they subside and the coals are covered with gray ash.

- Cook burgers to 160°F internal temperature. Use a meat thermometer or instant-read thermometer to make certain they've reached the appropriate internal temperature.

- Serve cooked meat as soon as possible. Don't let it sit out at room (or parking lot) temperature for more than one hour.

When you tailgate, you're tasting history. Tailgating began 100 years ago at a Yale vs. Harvard football game when Alice Roosevelt, the president's daughter, and Charles W. Fairbanks, the vice president-elect, served up the first tailgate party.

For recipes and more, visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com).