

GOLDEN RULES FOR SUSTAINABLE GRILLING

Carni Sostenibili gives some advice for an unforgettable summer barbecues that do not harm the environment.

Milan, 25 June 2018 – Carni Sostenibili **gives some golden rules** for making barbecues, one of the most enjoyable moments of conviviality during summer, a success. They are a **gourmet moment** to spend with family and friends while respecting environmental sustainability.

The first golden rule is the **quality of the food** to be grilled, paying attention to its **preparation**. Italy prefers grilling premium cuts of beef such as entrecote and fillet steak, pork chops and ribs, chicken thighs or breasts, together with sausages, hamburgers and skewered meat: today, thanks to the perfect traceability of meat, we can eat all types knowing where they come from, how the animals were fed and where the meat was processed and packaged. All you need are a few tricks. For example, whole slices of meat (such as entrecote and T-bone steak) should be removed from the fridge 1-2 hours before eating and, contrarily to what most people think, it's a good idea to add a little olive oil and salt **before cooking**.

The second golden rule involves the **cooking method**, which is also very important for successful grilling. The grill must be burning hot with no naked flames; the embers should be covered by a white powder. All this prevents product carbonisation, an element that is potentially dangerous for the health and which can occur when grilling any kind of food (vegetables, bread, etc.). On a taste level, remember that meat, steak in particular, should not be turned too much and must not be pressed if you want to maintain its juiciness and nutritional principles.

*"Before grilling, using a herb-based marinade is advisable, for example rosemary, sage, thyme, etc.," suggests the nutritionist **Dr. Elisabetta Bernardi**. "In fact, aromatic herbs are a concentrate of antioxidant substances that help prevent the formation of the potentially dangerous substances that come from cooking over a naked flame. While grilling," she continues, "it is a good idea to eat meat in combination with other food that contains vitamin C. Thanks to their vitamin C content, adding lemon juice to a meat-based dish, or eating raw tomatoes and peppers or a fruit at the end of the meal – kiwis, strawberries, citrus fruits, even some orange juice – not only facilitates the absorption of the free iron that is present in the meat, as occurs with vegetables, but also almost completely neutralises the risks tied to potentially harmful substances arising from incorrect cooking."*

The **amount** of meat to be grilled must be chosen carefully, also to avoid useless waste and impact on the environment. At a nutritional level, a person's recommended daily dose of protein is 0.9 g per body kilogram (e.g. an adult man who weighs 70 kg needs 63 g of protein per day), but remember that 100 g of meat provide on average 22-25 g of protein with a high biological level, a bit more than 1/3 of our daily requirements.

The importance of the animal origin protein contribution lies in the fact that meat contains, in an optimal percentage ratio, all **9 essential amino acids**, namely those that must be taken daily with food because our organism cannot produce them naturally.



A **perfectly balanced** grilled meal, even in view of the feared bikini test, contains a combination of different types of meat served with **fresh and grilled vegetables**, but also seasonal fruit.

“Meat,” adds Dr. Bernardi, “can be a precious ally for your figure thanks to its high filling effect and low calorie content. When looking after your figure it’s important to favour lean cuts of meat, for example if you want red meat go for fillet, ham if you want pork, and chicken breast from the selection of white meat.”

Finally, do not forget the **safety rules** for successful grilling: barbecues are designed to be used outdoors. Prefer ventilated areas, being careful to any sparks that may be carried by the wind. In conclusion, don’t play with the flames, which must always be controlled, never leave them unattended, and always extinguish them when you have finished. Happy, healthy, safe and sustainable grilling everyone!

Carni Sostenibili is the project promoted by three category associations - Assocarni, Assica and Unaitalia that represent all the meat supply chains in Italy (beef, pork and poultry). Its objective is to discuss all the matters related to the world of meat in a transversal manner: an unprecedented project in Italy which, by using a training approach, will contribute to balanced information on health, nutrition and sustainability. www.carnisostenibili.it

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