



Marie Keating
FOUNDATION



BBQ

TO

BEAT CANCER

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**YOUR GUIDE TO
A BRILLIANT BBQ**



In Ireland, we may not get the most amazing summers, but when we get a glimmer of sunshine, we get out the BBQ. This summer, become a BBQ hero and raise funds for the Marie Keating Foundation.

An average of 37,000 new cases of cancer are diagnosed in Ireland each year. However, if we come together, we can help beat this disease. That's why the Marie Keating Foundation needs you to host a fundraising BBQ to help turn up the heat on cancer.

So invite your friends, family or workmates around, ask them to donate and follow this guide on how to BBQ to Beat Cancer.

BBQ CHECKLIST

Here is a handy list of the things you will need to become a true BBQ hero.

- BBQ
- Flogas Gaslight Cylinder or charcoal
- Marinade
- Burgers
- Chicken breasts
- BBQ sauce
- Ketchup, mustard and relish
- Burger buns
- Salads
- Vegetables for kebabs
- Skewers
- Drinks
- Music
- Napkins
- Plates and cups
- Dessert
- Cooking utensils
- Fire extinguisher
- Ice/ice bucket
- Football or frisbee
- Aluminium pans & foil
- Apron
- Chef's hat

Some of these BBQ materials are available to buy via our on-line store. See www.mariekeating.ie/shop

RECIPES

THE PERFECT STEAK WITH BALLYMALOE STEAK SAUCE

First you need to pick your steak. Sirloin is more textural than fillet, with lots more flavour, but you can use either.

INGREDIENTS: (SERVES 4)

4 x 6 oz (175 g) sirloin or fillet steaks
1 garlic clove
Salt and freshly ground black pepper
A little olive oil
Ballymaloe Steak Sauce

METHOD:

About 1 hour before you want to cook your steaks, remove them from the fridge. Cut the garlic clove in half and rub it on both sides of each steak. This simple step intensifies their beefy flavour. Grind some black pepper over the steaks and sprinkle with a few drops of olive oil. Turn the steaks in the oil and set aside to allow them to come to room temperature. If using sirloin steaks, score the fat at 1-inch intervals. Heat the BBQ grill until very hot, season the steaks with a little salt and put them onto the grill. When cooking a sirloin steak, also turn it over onto the fat side and cook for 3-4 minutes or until the fat crisps up nicely. In the final moments of cooking you can baste the steaks in Ballymaloe Steak Sauce. The cooking times for each side of the steaks are roughly as follows:

	Sirloin	Fillet
RARE	2mins	5mins
MEDIUM- RARE	3mins	6mins
MEDIUM	4mins	7mins
WELL - DONE	5mins	8-9mins

Tip: The secret to a juicy steak is to rest it! Put your steaks onto an upturned plate resting, placed on top of another plate and leave them for a few minutes in a warm place. Serve with Ballymaloe Steak sauce.



RECIPES

BALLYMALOE POTATO SALAD

Every good BBQ needs good sides. This potato salad is delicious when made with new season potatoes, and even better, you don't have to peel them. Another summer salad to try is Grated Carrot & Apple Salad with toasted walnuts tossed in Ballymaloe Honey Mustard Dressing.

INGREDIENTS: (SERVES 4-6)

4.5 cups freshly-cooked, diced, potatoes
1 tbsp chopped parsley
1 tbsp chopped chives and spring onion
120ml Ballymaloe French Dressing
120ml mayonnaise
Salt and pepper

METHOD:

Boil the potatoes in their skins. Peel (not necessary with new potatoes) and chop into cubes while they are still nice and warm. Toss with Ballymaloe French Dressing, mayonnaise, spring onion and parsley. Season with salt and pepper to taste.



RECIPES

BBQ CHICKEN, CHORIZO AND BALLYMALOE RELISH BUN

INGREDIENTS: (SERVES 4)

2 chicken breasts
Salt and pepper
A little olive oil
225g Chorizo sausages
4 Handful of your favourite salad leaves and herbs (Rocket, spinach, lambs leaf, gem, chive, parley)
Ballymaloe Honey Mustard Dressing
4 soft white or wholemeal buns
Ballymaloe Relish

METHOD:

Heat the BBQ grill to medium-high. Season the chicken breasts with salt and pepper and a little olive oil. Place the chicken on the grill (if using skin-on chicken, place skin side down on the grill). Grill the chicken, without turning for 6 to 10 minutes. Flip and grill for 8-10 minutes or until cooked through. Cook the chorizo sausages for 10-15 minutes depending on their thickness. It is nice to split the chorizo sausages length ways and griddle each side for the final minute. Toast the buns on the BBQ if you like. Toss the salad leaves in Ballymaloe Honey Mustard Dressing. To assemble, place the bun halves on a plate and, to each bun half, add the salad leaves, pieces of BBQ chorizo, slices of chicken and top with Ballymaloe Relish.

FUN FUNDRAISING IDEAS

Your BBQ is helping to turn the heat up on cancer!

Tongue in cheek? A little. But it's true. For every burger you grill and every kebab you serve, you are bringing people together to raise funds for the fight against cancer. Plus, you will be having fun doing it! Here are some ideas of games that will help to get your party started. If you have great ideas of your own, we'd love to hear them!

Tweet us at @mariekeating and use the hashtag #BBQ4MKF.

How Low Can You Go?

Whether you're old or young, everyone can get involved in limbo and see how low you can go. All you need is a broom stick and some fun music.

Hot Shots

Have fun taking fun photos and selfies at your BBQ and don't forget to share them using the hashtag #BBQ4MKF.

If your guests take and share a fun shot, why not encourage them to take the next step and text a €2 donation to the Marie Keating Foundation. They can do this by texting MARIE to 50300.*

Let's Glow Bowling

Put some glow sticks in bottles of water for outdoor, night time bowling!

Spice It Up

Get your guests mingling with some fun games like outdoor twister. Or try Giant Jenga. Ask an outdoor store to cut up some 2 x 4 boards into 48 x 10 1/2 inch pieces.

Potato Sack Race

The goofiness of this lawn game will ensure great laughs and fun pictures from your BBQ.

Bobbing For Dessert

Get some string, hang some party rings biscuits from a low branch and have the kids (or adults!) try and eat the biscuits off the string without using their hands. It's tougher than you'd think!

Collect some cocktail sticks in a jar and invite your guests to guess the correct number of sticks – and charge €2 per entry.

For any of the activities above you can invite your guests to donate €2 by texting MARIE to 50300*

SAFETY TIPS

We want you to have a great time while BBQing, but don't let safety go up in smoke! Here's a few tips to keep you and your guests out of harms way!

Setting up:

Propane and charcoal BBQs should only be used outdoors. Place the BBQ at least 3m away from your house, shed, fences and branches.

Keep children and pets away from the grill area. Keep your grill and grill trays clean by removing grease or fat buildup.

Never leave your BBQ unattended while its hot.

Food safety

Keep cool

Unless stated, make sure frozen foods are fully thawed before you start cooking. Keep foods you plan to cook chilled in the fridge or a cool box until needed.

Make sure you preheat your BBQ well in advance.

Wash your hands or use a hand sanitiser before and after handling food.

Keep it separate

Remember to keep raw meat separate from cooked meat and ready-to-eat foods like salads.

Always use separate utensils for handling raw and cooked meat.

Marinades that are used on raw meat should not be used as a sauce to coat vegetables or cooked meat as they will contain raw meat bacteria.

*100% of text cost goes to MKF across most network providers. Some providers apply VAT which means a minimum of €1.63 will go to MKF. Service Provider: LIKECHARITY Helpline: (01) 4433890 For further tips about fundraising, please check www.mariekeating.ie

SAFETY TIPS

Be a BBQ Hero

Choose lean meats and continuously flip the meat while cooking it for a healthier approach. Scrape off any blackened bits before serving.

Cook meat until it is piping hot all the way through, with no pink meat remaining and the juices run clear.

Steaks or whole joints of beef or lamb can be served 'rare' as long as they are cooked on the outside as any harmful bacteria will be on the outside only, and not in the centre.

If you have any leftovers from your BBQ, cover them and put in the fridge as soon as they are cool. Use within 3 days.

Afterwards

Make sure the charcoal is cold and/or the gas is securely turned off.

Make sure that all knives and utensils are securely stored.

Be SunSmart

- Always wear sunscreen with at least SPF 30 and good UVA and UVB protection
- Wear protective clothing such as long sleeves as well as a hat and sun glasses
- Avoid the sun between 11am and 3pm as this is when the sun's rays are strongest

For more tips, see www.mariekeating.ie



By taking part in BBQ to Beat Cancer, you are making a real difference in the fight against cancer. Every cent you raise will help us in our mission to prevent cancer, detect it at its earliest stages and help families already going through a tough time because of this terrible disease. The funds from this year's BBQ to Beat Cancer campaign will be used in our battle against men's cancers. Here are some of the amazing things you can help us do:

€10 could contribute towards a Marie Keating Foundation Comfort Fund grant that will help a family that is struggling financially due to prostate cancer. Cancer patients and their families can face a financial crisis. Those whose jobs are affected due to cancer can face an income drop averaging €1,400 a month.

€25 could help cover the cost of a Marie Keating Foundation nurse to visit a boy's school to teach students about self-examination for testicular cancer, one of the most common cancers affecting young men.

€50 could help us run a Survive & Thrive course for men recovering from any type of cancer, to help them adjust to the 'new normal' after they have finished treatment.



About the Marie Keating Foundation

Following the death of their mother, Marie, in 1998, the Keating family promised that they would do everything they could to bring an end to cancer. They committed to provide people in Ireland with the necessary information to prevent cancer or detect it at its earliest stages. Their collective aim was “**making cancer less frightening by enlightening**”.

Through its community information service, the Foundation’s dedicated nurses have enlightened over 210,000 people on the causes and risk factors of cancer. The Foundation is continuing to expand its awareness campaigns on the most common cancers affecting men and women in Ireland, at local level through its community outreach approach as well as through national campaigns.

Through its Comfort Fund, the Foundation provides financial assistance to people who are currently receiving treatment for any kind of cancer and who, as a result, find themselves in financial difficulty. In 2015 alone, over 350 families received assistance from the Comfort Fund.

On 2 February 1998, our mother, Marie, died from breast cancer. Throughout her illness, we could do nothing to help the amazing person who had done everything for us, throughout our lives. We, the Keating family, set the Foundation up in her name to try to prevent others going through what our family went through. This is also to ensure that such a wonderful person did not die in vain.

Take care,



Marie Keating
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