



University of California
Cooperative Extension

Master Food Preserver

BBQs, Potlucks and Condiments

Presented by
UC Master Food Preservers of Mariposa County

5009 Fairgrounds Rd, Mariposa CA 95338
209-966-2417

https://cemariposa.ucanr.edu/Master_Food_Preserver_Program

BBQs, Potlucks and Condiments

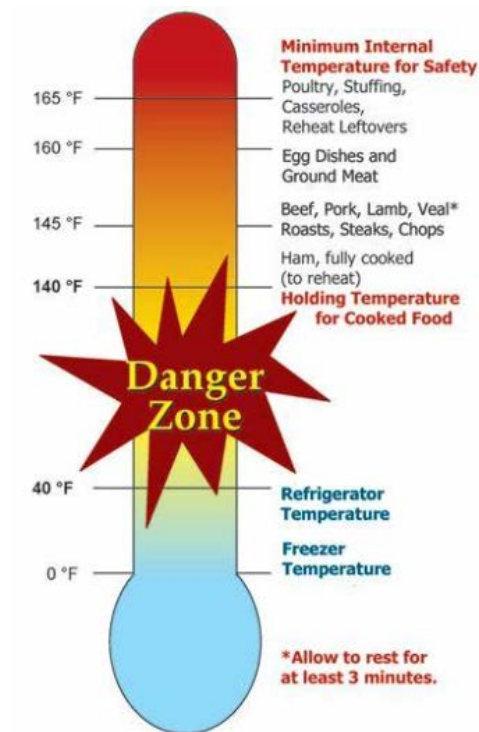
Picnic and barbecue season offers lots of opportunities for outdoor fun, but they also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

Food Safety

Organisms that can cause food spoilage (molds, yeasts and bacteria) are always present in the air, water and soil. Enzymes that may cause undesirable changes in flavor, color and texture are also present in raw foods.

The factors that affect food safety are acidity, temperature, time and water availability. Highly acidic foods, like pickles, prevent bacterial growth by creating an environment that is unfriendly to the bacteria. Dried foods, like crackers or chips, are protected from bacterial growth because there is not enough moisture in the food to promote growth of microorganisms. Foods kept consistently under 40°F or over 140°F protect foods by maintaining a temperature that inhibits bacterial growth. Once foods sit out at room temperature (like at a barbeque or potluck), the conditions become favorable to bacterial growth.



For safe barbecues and potlucks, the key is to keep cold foods cold and hot foods hot. Cold foods should be kept below 40°F until serving time. Once you've served it, it should not sit out for longer than 2 hours (1 hour if the air temperature is above 90°F). Keep cold foods in a cooler or place the bowl/serving dish on a bed of ice or frozen ice packs.

Hot foods should be kept at or above 140°F. Wrap hot foods and place in an insulated container until serving. Once you've served it, these foods should not sit out for more than 2 hours (1 hour if the temperature is above 90°F).

Foods should be kept covered to keep off insects and other contaminants.

Safe Meat Grilling

Meat should be marinated in the refrigerator rather than at room temperature. If you plan to use some of the marinade as a sauce on cooked foods, reserve a small amount of marinade before adding the meat. Don't use marinade after raw meat, poultry or seafood has been in contact with it.

Cook your meat thoroughly to the appropriate temperature. Use a thermometer to check your meat. Color or other observable traits are not always a good indicator of thorough cooking. Never reuse platters or utensils that held raw meat, poultry or seafood. Bacteria from the raw juices can spread to the cooked food that way.

Keep cooked meat hot prior to serving by moving it to the side of the grill rack. This will keep the meat hot but not overcooked.

Pasteurizing Eggs for Mayonnaise

For safety, the Centers for Disease Control and Prevention (CDC) has recommended pasteurized eggs because it reduces the risk of salmonella, which can affect 1 in 20,000 eggs. If you are using home-raised eggs, you can pasteurize your eggs at home through a process called *sous vide*. This process can be used for eggs that will be used in mayonnaise, meringue, and Caesar dressing.

6 medium eggs
Water

Warm water to 135°F to create a *sous vide* bath. Use a slotted spoon to gently submerge the eggs directly into the water. *Sous vide* for a minimum of 75 minutes.

Notes:

- Do not place eggs in a bag before putting in the *sous vide*.
- Use a big, slotted spoon to gently place the eggs in the *sous vide* bath.
- Use a marker to note your eggs with a "P" for pasteurized before putting them in the refrigerator.



Type of Meat	USDA Recommended Temperatures ¹	Doneness Cooked to Taste ²
Whole Beef Steak, Prime Rib, Roast Beef, etc.	145°F + 3 minute rest	Rare 125°F Medium-Rare... 130°F Medium 140°F Medium-Well... 150°F Well-Done..... 160°F
Ground Beef Hamburger, Meatloaf, Meatballs, etc.	160°F	Medium-Rare... 125°F Medium 130°F Medium-Well... 140°F Well-Done..... 160°F
Poultry Chicken, Turkey, Duck, etc.	165°F	
Pork Ham, Roast, Chops, etc.	145°F + 3 minute rest	Medium 150°F Well-Done..... 160°F
Lamb Roast, Chops, etc.	145°F + 3 minute rest	Rare 125°F Medium-Rare... 130°F Medium 140°F Medium-Well... 150°F Well-Done..... 160°F
Fish & Shellfish Cod, Salmon, Crab, Lobster, etc.	145°F	
Veal Chops, Rib eye, etc.	145°F + 3 minute rest	Rare 125°F Medium-Rare... 130°F Medium 140°F Medium-Well... 150°F Well-Done..... 160°F

Condiment Recipes

Healthier Homemade Ketchup

1 12oz can of tomato paste
½ cup of brown sugar
½ tsp dry ground mustard
1 tsp of salt
½ tsp of onion powder
½ tsp garlic powder
¼ tsp allspice
7 TBSP any vinegar (white wine, apple cider, distilled)
¾ cup of water divided
¼ tsp ground cloves and or ginger powder

Whisk all the ingredients together in a bowl. Start with ½ a cup of water, adding more to reach the desired consistency. Store in airtight container in the refrigerator for 3-4 weeks.

Adapted from "Healthier Homemade Ketchup" by Oregon State University

<https://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/homemade-ketchup.pdf>

Tomato Ketchup

Yield: 1 quart

½ cup sugar
¾ cup minced onion
1 Tbsp. minced garlic
3 quarts crushed tomatoes
2 roasted red peppers, chopped
1 cup red wine vinegar
½ cup balsamic vinegar
Cayenne pepper, to taste

Cook the sugar over moderate heat until it turns an amber color. Add the onion and garlic. Mix. Add the tomatoes and roasted peppers. Cook 5-10 minutes over moderate heat. Add the vinegars and reduce until thickened, about 20 minutes. Season with cayenne pepper to taste. Strain out the solids. Transfer to a clean storage container. Refrigerate up to two weeks.

From: Garde Manger: The Art and Craft of the Cold Kitchen by The Culinary Institute of America

Easy BBQ Sauce

1 cup of Ketchup
2 TBSP Brown Sugar (can be substituted with honey, maple syrup, molasses)
2 tsp dried mince onion (can be substituted with powder)
1 tsp garlic powder (can be fresh if you like)
1 tsp smoked paprika (can substitute a bit of liquid smoke and regular paprika)
½ tsp ground black pepper
2 tsp yellow mustard
2 tsp Worcestershire Sauce

If you want it tangy, add citrus juice (lemon, orange, or vinegar)
If you want it hot, add your favorite hot sauce, cayenne pepper or red pepper flakes.

Instructions:

Combine all ingredients in a small saucepan and cook on medium heat until it starts to boil, then reduce to low heat and allow to simmer 5 to 10 minutes, stirring frequently (careful with flying bubbles) enjoy immediately or store in an airtight container in the refrigerator for a week or freeze for up to 6 months.

Adapted from "Easy Barbeque Sauce" by Illinois Cooperative Extension
https://extension.illinois.edu/sites/default/files/easy_barbecue_sauce.pdf

Three Ingredient Barbeque Sauce

If you run out of barbeque sauce and you don't have much time, you can make some yourself.

¾ cup no salt added ketchup
2 Tbsp mustard
2 Tbsp brown sugar

Mix all ingredients together. Store covered in the refrigerator.

From: <https://food.unl.edu/recipe/3-ingredient-barbecue-sauce>

Mustard

2 TBSP brown, black, or yellow whole mustard seeds
¼ cup of ground mustard powder
1 tsp salt
¼ cup of water
4 tsp white wine or apple cider vinegar

Combine the dry ingredients in a bowl, then add the wet ingredients. Mustard will be soupy at this stage, but it will thicken as the mustard powder absorbs the liquids. Cover and store for 2 days before using. This waiting time is important because freshly made mustard has a harsh, bitter taste. This bitterness mellows as the mustard ages. After 2 days, transfer to a clean sterilized jar and cover tightly. Mustard will keep in the refrigerator for at least 4 months.

Honey mustard: add 2 TBSP honey to the basic recipe.

Adapted from <https://www.thespruceeats.com/simple-mustard-recipe-1327475>

Country Style Mustard

2 tablespoons brown or black mustard seeds, coarsely ground
2 tablespoons yellow mustard seeds, coarsely ground
¼ cup brown or yellow mustard powder
¼ cup cold water
3 tablespoons white-wine or cider vinegar
1 teaspoon salt

Mix mustard seeds, powder, and water together in small bowl. Let stand for 10 minutes.

Stir in vinegar and salt; cover and refrigerate overnight. (Can be refrigerated at least 3 months in a sealed container.)

Adapted from <http://www.cs.cmu.edu/~roseh/recipes/Other/cooks/docID=712.html>

Mustard

1 ½ cups mustard powder
6 fluid Oz cold Water
2 TBSP vinegar (your choice, I like white wine vinegar)
½ tsp sugar
2 tsp salt

Combine the mustard, water, vinegar, sugar, and salt. Stir with a whisk to blend evenly. Store in a covered container and refrigerate for 12 hours before serving.

Adapted from <https://www.ice.edu/blog/recipe-diy-hot-dog-condiments-ketchup-and-mustard>

Dijon Mustard

½ cup white wine (like Pinot Grigio)
½ cup white wine vinegar
4 Tbsp brown mustard seeds
4 Tbsp yellow mustard seeds
½ tsp salt
2 tsp white sugar
½ cup plus 1 Tbsp water

Measure the white wine and white wine vinegar into a bowl. Add both types of mustard seeds, sugar and salt. Use a spoon to stir the mustard ingredients. Place plastic wrap or cheesecloth over the bowl and let the mustard ferment for 48 hours.

After 48 hours, pour the fermented mustard into a food processor or blender. Pulse the ingredients to combine them with the liquid. Slowly add the water a bit at a time. Pulse between each addition until you get the grainy texture you like. If after adding all the water, you still want a thinner, less grainy mustard, continue adding water 1 tsp at a time and blending. Mustard should be thick and spreadable.

Transfer to a glass jar and refrigerate. Homemade mustard will last up to 6 months.

Adapted from <https://fourownmyface.com/whole-grain-dijon-mustard/>

Food Processor Mayonnaise

1 large egg
½ tsp salt
½ tsp Dijon mustard
3 tsp lemon juice
2 tsp white wine vinegar (champagne or rice vinegar)
1 ½ cup mild flavored oil (like avocado oil)

Add egg, salt, mustard, lemon juice and vinegar in a food processor. Pulse to combine. With machine running, add oil in a steady stream through the open feed tube until incorporated completely. If the feed tube pusher has a small hole in the bottom, pour the oil into the pusher and allow it to drizzle down in the machine while the motor is running. Keep mayonnaise covered in the refrigerator.

From: The Best Recipe by Cook's Illustrated Magazine

Easy Vegan Mayonnaise

This recipe uses Aquafaba, the liquid inside a can of chickpeas (garbanzo beans), which provides the protein and starch to help emulsify an egg-free mayonnaise. Adding a few whole chickpeas improves the emulsifying properties.

Yield: 1 cup

2 medium cloves garlic, minced
1 Tbsp. fresh juice from 1 lemon
2 tsp Dijon mustard
3 Tbsp liquid from 1 can of chickpeas plus 12 whole chickpeas
½ cup vegetable oil
¼ cup extra-virgin olive oil
Kosher salt and freshly ground pepper, to taste

Combine garlic, lemon juice, mustard, chickpea liquid and chickpeas in a tall container just large enough to fit the head of an immersion blender. Blend at high speed until complexly smooth. Alternatively, you can blend in a jar using a standard blender. Drizzle in oil slowly while blending and blend until emulsified. Add salt and pepper to taste. Mayonnaise will keep about 1 week in the refrigerator in a covered container.

Adapted from: J. Kenji Lopez-Alt, 2018.

Lemon Basil Mayonnaise

1 cup mayonnaise
1 lemon
¼ cup fresh basil leaves (or 1 tsp dry basil)
¼ tsp black pepper

Zest and juice lemon. Add lemon zest, lemon juice, basil and pepper to mayonnaise.

From: Master Food Preserver Yexy Rodriguez-Kuhl

Garlic Aioli

½ cup mayonnaise
1 clove garlic, minced
1 Tbsp lemon juice
¼ tsp kosher salt
2 tsp olive oil
¼ tsp pepper, ground

Mix all ingredients in a small bowl to combine. Refrigerate at least 30 minutes before serving.

From: Spend with Pennies <https://www.spendwithpennies.com/aioli>

Spicy Sriracha Aioli

1 cup mayonnaise
2 Tbsp Sriracha hot sauce
1 lime, juiced

Stir mayonnaise and sriracha together in a bowl until the color is consistent; add lime juice and stir.

From: <https://www.allrecipes.com/recipe/241872/sriracha-aioli/>

Quick Refrigerator Pickles

Yield: 3-4 pint sized jars

Cucumbers (pickling cucumbers, mini cucumbers or English cucumbers)

3 cups white or apple cider vinegar

3 cups water

3 Tbsp. canning or pickling salt

2 Tbsp sugar

Approx. 6 Tbsp herbs and/or spices (see notes)

Wash and slice cucumbers into rounds. Pack prepared cucumbers snugly into jars with lids to within ½ inch of the top of the jar. Add dry or fresh herbs/spices. You can mix and match up to 2 Tbsp. per pint-sized jar. See note below for suggestions.

Make the brine: Heat vinegar, water, salt and sugar in a pot. Bring to a boil and let boil for 2 minutes. Remove from heat.

Pour the brine over the cucumbers to within ½ inch of the rim. Place lids on the jars and refrigerate. Allow the flavors to develop for 1-2 days before serving. Pickles will keep 2 weeks in the refrigerator.

Note on herbs/spices:

Be creative with fresh or dry flavorings. Mix and match up to 2 Tbsp per pint-sized jar.

Dry Flavorings	Fresh Flavorings
Bay leaves	Dill
Celery seed	Garlic
Chile peppers	Oregano
Cumin seed	Shallots
Dill seed	Horseradish
Mustard seed	
Pickling spice	
Peppercorns	
Turmeric	

Adapted from: <https://foodsafety.ces.ncsu.edu/2020/04/how-to-make-quick-refrigerator-pickles/>

Spices and Blends

Spices and herb blends will last up to 6 months when stored in an airtight container in a cool, dark place.

All Purpose Seasoning

Use for grilling meats, savory main dishes or side dishes

2 parts dried oregano
1 part dried rosemary
1 part dried fennel
1 part dried thyme
½ part dried garlic

Garam Masala

Traditional Indian spice blend used in curries and on meats and vegetables

2 parts ground cumin
2 parts ground coriander
1 part ground turmeric
½ part ground cinnamon
¼ part ground cloves
¼ part ground cardamon

Taco Seasoning

Use on tacos, fajitas, meats and chili. Works well in meat and bean dishes

2 parts chipotle powder
1 part paprika
1 part ground cumin
½ part dried onions, powdered
½ part dried garlic, powdered
¼ part cayenne powder (optional)

Homemade Italian Seasoning

Use for soups, stews and marinades

2 parts dried basil
2 parts dried oregano
1 part dried rosemary
2 parts dried parsley
1 part dried thyme
1 part dried garlic, powdered
1 part red chili flakes (optional)

Source: "Amazing Herb Blends" by Rosalee de la Foret at Learning Herbs.

Italian seasoning

1/4 cup dried oregano
2 TBSP *each* dried thyme, dried basil, dried marjoram
1 TBSP *each* dried rosemary and rubbed sage

Ranch seasoning

2TBSP *each* dried tarragon, dried parsley, dried dill
1 TBSP *each* garlic powder, onion powder, salt
1.5 tsp ground black pepper

Herbs de Provence

1 TBSP *each* dried thyme, dried marjoram, dried rosemary, dried basil, dried sage, dried parsley, dried tarragon, dried lavender blossoms

Source: MFP Liz Swenson, UC Master Food Preservers of Mariposa County

Seasoning Salt

1 ¼ cups kosher salt
¾ cup garlic salt
1 Tbsp ground black pepper
1 ½ tsp oregano
1 ½ Tbsp paprika
1 ½ tsp celery seed
¾ tsp white pepper
1 ½ tsp dry mustard

Mix ingredients together. Optional: put on a smoker and smoke for 3-4 hours.

From: UC Master Food Preserver Janice Schoonhoven-Rinehart

Taco Chili Mix

Ground cumin seeds
Ground coriander seeds
Ground mustard seeds
Chili powder
Paprika
Garlic powder
Onion powder

Toast seeds in a pan until fragrant. Grind sees to a powder. Mix with the rest of the ingredients. Store in an airtight container. Enjoy.

From: UC Master Food Preserver Yexy Rodriguez-Kuhl

Resources for **BBQ, Potlucks & Condiments** Workshop

BBQ Sauces Recipes

- <https://extension.illinois.edu/blogs/simple-nutritious-quick-and-delicious/2022-07-22-making-homemade-barbecue-sauce>
- <https://food.unl.edu/recipe/3-ingredient-barbecue-sauce>
- <https://www.cs.cmu.edu/~mjw/recipes/sauces/mp-bbq-sauce-coll.html>
LOVE
- https://nchfp.uga.edu/how/can_03/bbqsauce.html Great recipe for canning BBQ
- <https://hr.umich.edu/benefits-wellness/health/mhealthy/physical-well-being/nutrition/mhealthy-recipes/tangy-tomato-barbecue-sauce>

Ketchup Recipes

- <https://www.umassmed.edu/nutrition/ibd-aid/sauces-and-condiments/homemade-ketchup/>
- <https://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/homemade-ketchup.pdf>
- <https://www.cs.cmu.edu/~mjw/recipes/sauces/various-ketchups.html>
- https://nchfp.uga.edu/how/can_03/tomato_ketchup.html good canning ketchup
- <https://www.cs.cmu.edu/~mjw/recipes/preserves/tomato-ketchup.html>
- <https://www.umassmed.edu/nutrition/ibd-aid/sauces-and-condiments/homemade-sugar-free-ketchup/>
- https://weimar.edu/weimar_media/tomato-ketchup-newstart-kitchen/ video
- <https://www.ice.edu/blog/recipe-diy-hot-dog-condiments-ketchup-and-mustard>

MAYO Recipes

- https://weimar.edu/weimar_media/plant-based-oil-free-mayo-newstart-kitchen/

- <https://www.cs.cmu.edu/~roseh/recipes/Other/cooks/docID=562.html>
- <https://www.walnuthillcollege.edu/celebrate-cinco-de-mayo-with-these-delicious-mayonnaise-recipes/>
- <https://www.escoffier.edu/blog/recipes/how-to-make-a-basic-mayonnaise/>
- <https://www.washcoll.edu/learn-by-doing/food/reconnect/pantry-essentials/mayonnaise.php>
- <https://www.escoffier.edu/blog/culinary-arts/bring-down-the-house-with-homemade-condiments/>
- <https://rockedu.rockefeller.edu/component/two-minute-mayo/> LOVE LOVE LOVE. Just made it!! Added white wine vinegar, sugar, salt and delish!!

Mustard recipe

- <http://www.cs.cmu.edu/~roseh/recipes/Other/cooks/docID=712.html>
- <https://www.simplyrecipes.com/dijon-mustard-recipe-5190761>
- <https://www.allrecipes.com/recipe/240790/chef-johns-dijon-mustard/>
- <https://www.tasteofhome.com/article/dijon-mustard-recipe/>
- <https://honest-food.net/how-to-make-mustard-2/>
- <https://www.thespruceeats.com/simple-mustard-recipe-1327475>