Effect of Grilling Time on the Generation of Benzo [a] pyrene in Meat Using Different Fuels

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Grilling meat at elevated temperatures has been associated with the formation of carcinogens in grilled meat. It the temperatures produced by the grilling fuels and the number of drippings of fats from the meat onto the grilling fuels that contribute much to the formation of carcinogens. So we tested the hypothesis that the grilling fuel that released more temperatures and more drippings of fats from the meat onto the fire made meat more carcarcinogenic. Three 200 g steaks were placed on each grill with its specific fuel for 45 minutes of grilling. Temperature was measured and recorded at 5 minute intervals,. The number of drippings from each grilling fuel were also counted and recorded as they dripped onto the grilling fuels. The fuel that produced elevated temperatures than others and more drippings was assumed to make meat more carcinogenic. Commercial charcoal produced more temperatures and more drippings of fats from the meat onto the grilling fuel. Therefore it was conclude that it made meat more carcarcinogenic among the three.

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