

PAH* in grilled meat

* polycyclic aromatic hydrocarbons



Traditional charcoal BBQ



Kettle charcoal BBQ



Gas BBQ



Vertical charcoal BBQ



Electrical oven

| | | | | | |
|--|------|------|------|------|------|
| Grill time in minutes | 8 | 7 | 11 | 11 | 11 |
| Weight loss of the meat in % | 19 | 17 | 16 | 16 | 16 |
| Blackening of foodstuff after cooking (out of 100) | 63 | 57 | 51 | 59 | 51 |
| Difference in evenness of cooking | 7 | 9 | 12 | 15 | 12 |
| Total PAH measured in mg/kg | 7,62 | 6,2 | 18,3 | 0,83 | 0,64 |
| Of which benzopyrene in mg/kg | 0,28 | 0,05 | 0,74 | 0,02 | 0,02 |

| | | | | | |
|----------|---|-------------------------------------|------------------------|-------------------------|-----------------------|
| Comments | Highest loss of weight Darkest grill surface | Fastest, most even grill surface | Highest content of PAH | Very low content of PAH | Lowest content of PAH |
|----------|---|-------------------------------------|------------------------|-------------------------|-----------------------|