



# Food safety advice

## BARBEQUE FOOD SAFETY

Raw meats such as burgers, sausages and chicken can carry food poisoning organisms. If raw meats aren't cooked properly, or if raw meats come into contact with food or surfaces and equipment used to prepare other food that won't be cooked, you risk causing illness.

Barbecues can vary in how well they cook. Some barbecues are too hot in parts and not hot enough in others. By moving food around on the barbecue and turning regularly, you can avoid over-charring the outside and ensure the inside is not under-cooked. Barbecued meats should always be served piping hot throughout.



A brown or charred appearance does not mean meat is cooked right through. Thicker meat products such as "quarter pounders" easily appear cooked and charred on the outside before they are cooked throughout. All processed meats should be heated to a minimum of 75°C for 2 minutes all the way through.

You can cook meat and chicken at home, transport it chilled and finish the cooking on the barbeque. However, you should never part-cook on a barbecue and finish cooking later.

### Reducing the risk

You can reduce the risk of food poisoning by:

- Observing good hygiene. Always wash your hands thoroughly with hot water and soap before preparing food, after touching raw meat and before eating.
- Make sure all work surfaces, cooking and eating utensils are thoroughly cleaned before and after use.
- Keep pets away from food, dishes and preparation surfaces.
- Light the barbecue well in advance, making sure you use enough charcoal. Wait until it is glowing red (with a powdery grey surface) before starting to cook.
- Ensure raw meat is completely defrosted in the fridge or a microwave before barbecuing so that it cooks more evenly, unless the cooking instructions state otherwise.



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- Storing safely. Keep serving bowls covered to protect from dust and insects.
- Always keep cold food cold, for example by using insulated cool boxes. Only remove the lid when necessary and only take out the quantity of meat that will fit on the barbeque.



- Do not leave foods standing around. Throw away barbecued food that has been left out for more than two hours in very hot weather.
- Cooking thoroughly and follow any cooking instructions provided.
- Turn food regularly and make sure that burgers, sausages and chicken are cooked until there is no pinkness inside and the juices run clear.
- Always keep raw meats separate from other food even when cooking, use separate utensils for transferring the raw meat and the cooked meat and never put cooked food on plate that held raw meat.
- Vegetables and salad items should be washed carefully to remove any soil and dirt, which can carry bacteria and other bugs. Particular care must be taken with some foods, such as Iceberg lettuces where the inside of the lettuce may seem clean but the leaves should still be separated and washed before they are eaten. Keep salads separated from raw meat.
- Soil should also be washed from hands, kitchen surfaces and other kitchen utensils.

