

The ABC of BBQ

Too often the good habits we follow in the kitchen go up in smoke when the barbecue is lit. So avoid trouble this summer by remembering these golden rules.



BEFORE YOU START

- Be sure that frozen food is properly thawed in the fridge before you cook it.
- Keep raw meats and poultry chilled in the fridge or cool-bag until needed
- Light the barbecue well in advance. Make sure it's very hot and that the flames have died down before you start to cook

HANDLING FOOD

- As with any food preparation, make sure to wash your hands before and after handling food
- Keep raw meats separated from cooked meats and ready-to-eat foods
- Use separate utensils for raw and cooked meat
- Never put cooked food on a dish that has been used for raw meat
- Keep food covered whenever possible

COOKING ON THE BBQ

- Turn food regularly and move it around the barbecue to ensure it is evenly cooked
- You can eat steaks or whole meat joints 'rare' because harmful bacteria can be on the outside but not in the middle
- **BUT** chicken, pork and any meat that is minced or skewered, such as burgers, sausages and kebabs can contain harmful bacteria throughout, so they must be cooked all the way through
- Just because the meat turns crisp and brown on the outside, don't assume it's properly cooked inside. **Check that it's piping hot all the way through with no pink meat left and that the juices run clear**
- Don't put raw meat next to cooked or partially cooked meat on the barbecue
- Marinade used on raw meat must not be used to coat vegetables or cooked meat
- Remember if you are barbecuing for lots of people, you could cook food indoors and immediately finish it off on the barbecue for added flavour
- And finally eat cooked food immediately

REMEMBER

- **Cooked meat is piping hot, has no pink meat and the juices run clear**



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