

BURNT OUTSIDE BUT RAW IN THE MIDDLE?

Sometimes it's hard to tell when burgers and sausages are properly cooked and ready to eat. These meats can contain harmful bacteria throughout and it is important that they are cooked thoroughly to make them safe to eat.

To check that a burger or sausage is properly cooked, cut into the middle with a clean knife and check that it is piping hot all the way through, there is no pink meat left and the juices run clear. If you need an extra check you can use these disposable temperature sticks. Once you have used these sticks you'll know what the meat should look like next time round.



WHAT DO THESE DISPOSABLE TEMPERATURE STICKS DO?

- They can help you tell when the inside of the meat is thoroughly cooked
- If the meat is hot enough then the panel at the end of the thermometer will turn dark blue. If it is not hot enough then the panel will either not change colour or turn light blue

CAN I USE THEM IN ALL KINDS OF MEAT?

The sticks are designed to be used when cooking **burgers or sausages** only.

HOW DO I USE THE DISPOSABLE TEMPERATURE STICKS?

- Wash your hands before handling the temperature sticks
- Remove a stick from the pack, but leave the plastic on the end
- Insert the pointed end into the centre of the meat at the thickest part as shown in the illustration overleaf
- Wait for three seconds
- Remove the stick from the meat
- If the panel at the end of the stick is dark blue, then the meat is hot enough – it is thoroughly cooked
- If it has not turned entirely dark blue then the meat is NOT hot enough – it needs to be cooked some more
- If this is the case then remove the stick, cook the meat for a few more minutes and re-check it with a fresh temperature stick



CAN I RE-USE THEM?

No. **Use it once – then throw it away!**

TIPS FOR THOROUGH COOKING

For top tips on thorough cooking please see the **safefood** leaflet **Cooking meat safely**.

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