

Top tips

Larger items or poultry can be precooked and finished on a barbecue to give flavour. But if you do this you must keep the meat hot, not warm in between.

If you still decide to try a whole bird then it is essential that you check it is cooked - use a meat probe and



ensure that you get a temperature in the deep seated part between the leg and breast, of at least 72°C for two minutes.

Basic rules

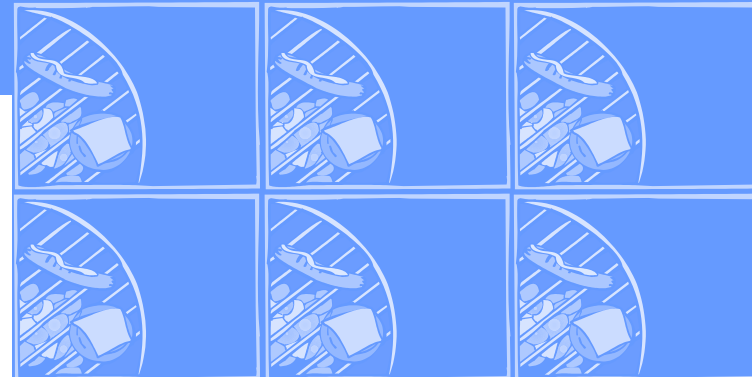
- use separate plates for raw and cooked meats
- do not use the same utensils for raw and cooked meats
- always cook barbecued meats especially burgers. Pre-cook thick pieces of chicken/meat or use thin slices
- keep pets away from food
- do not leave cooked meats or dressed salad stuffs in warm conditions for long periods

Happy Barbecuing

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Safe Bar-B Q's

Safe bar-b-q's

You should never have to suffer from a tummy upset after eating food you have prepared and cooked yourself, as it is always possible to avoid.

This is especially true of food cooked on a Barbecue, yet many cases of food poisoning occur which can be traced back to this very source.

It is very simple to avoid food poisoning when barbecuing by following some basic rules. This leaflet aims to tell you how, and why.



E.coli can also be present in raw beef burgers and sausages



Campylobacter

There is one nasty bacteria called Campylobacter which is the cause of most gastroenteritis in this country at the moment - over 32,000 cases each year.

Campylobacter is a very common bacteria especially in raw poultry. It causes an unpleasant form of gastroenteritis about 5 days after eating food contaminated with it. Fortunately it is easily killed by cooking.

Symptoms ;

- **Diarrhoea, tummy pain, fever, nausea**
- **Illness lasts 3-5 days**
- **Most common type of food poisoning**

Campylobacter are found in;

- **Raw meats especially chicken**
- **Unpasteurised milk**
- **Animals & birds**
- **Untreated water**



Top tips

It is worth taking some time to consider why it is the most common form of food poisoning:

Consider the tongs used to bring out some raw chicken, that you use to serve a burger with. You may well have put Campylobacter on the burger that is about to be eaten.

Likewise the same may happen if you have just put a raw steak on the barbecue and immediately used the same fork to take off a cooked sausage; or you handle a raw steak and then open up a bread roll, without washing your hands

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There are many possibilities for transferring bacteria in these sorts of ways, which you need to be alert to, but in addition to this you must remember to cook food thoroughly, which will kill bacteria. In a barbecue it is very difficult to maintain an even temperature and you cannot rely on a specific time for thorough cooking. As a general rule you are advised only to cook thin pieces of meat on a barbecue.