

Beat the barbecue bugs

Charred doesn't mean well done

Even if meat is burnt on the outside, it might not be cooked properly on the inside. So cook food evenly over a steady heat and always check that it's cooked in the middle.

Use the oven

If you're barbecuing for lots of people, you could cook meat indoors and finish it off on the barbecue for added flavour (but make sure it's piping hot all the way through).

Keep food cool in warm weather

Warm weather is perfect for bugs to grow. So, try to keep food out of the fridge for the shortest time possible.



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Can you tell which of these sausages is properly cooked?



Actually, it's neither.

Even though sausage A looks done on the outside it isn't cooked in the middle. To be sure a sausage is safe to eat, check that it's piping hot all the way through and none of the meat is pink.

Bugs such as *E.coli* O157, salmonella and campylobacter can cause serious illness. But you can steer clear of food poisoning by taking some simple steps.

How can I make sure barbecued food is properly cooked?

- Wait until the charcoal is glowing red, with a powdery grey surface, before you start to cook.
- Make sure frozen food is properly thawed before you cook it.
- Turn the food regularly, and move it around the barbecue, to cook it evenly.
- Check that the food is piping hot all the way through.
- Make sure there isn't any pink meat left in poultry, pork, burgers, sausages and kebabs, and that any juices run clear.

Why should I keep raw meat away from other food?



Raw meat can contain food poisoning bugs. So if it touches food that has already been cooked or is ready to eat (such as salad and burger buns), the bugs can spread onto that food.

In fact, anything that touches raw meat could carry the bugs to other food. Here's how you can stop the bugs spreading:

- Stop raw meat from touching or dripping onto other food.
- Wash your hands thoroughly after handling raw meat.
- Use separate utensils for raw and cooked meat.
- Never put cooked food on a plate or surface that has been used for raw meat (unless it has been washed thoroughly).
- Don't put raw meat products next to cooked or partially cooked meat on the barbecue.
- Don't add sauce or marinade to cooked food if it has already been used with raw meat.