



# Barbeque tips

This guidance gives advice on making sure that food prepared, cooked and served is safe to eat.

Food that is not cooked or handled properly may give you serious food poisoning.



## Preparation for a barbecue

- Thoroughly wash your hands before handling any food.
- Thoroughly clean all food surfaces; make sure the grill and equipment are clean.
- Keep raw meat away from ready to eat foods e.g. washed salads and bread rolls. Use separate boards for the preparation of raw meats e.g. kebabs, and then use an anti bacteria cleaner and clean the surfaces and utensils (in accordance with the manufacturer's instructions).
- Keep raw meat and salads covered and cold until you need them. Try not to leave food out in the warm air.
- Thoroughly defrost any frozen meat in the refrigerator overnight and ensure juices can not run onto other foods, or defrost in the microwave if the manufacturer's instructions allow.
- Light coal barbecues well in advance, make sure there is enough charcoal and wait until the coals are glowing red, with a powdery grey surface before starting to cook.

## Cooking the food

- If possible, pre-cook all poultry and meat on the bone in the microwave or oven, then take them straight to the barbecue to finish off.
- Cook poultry, sausages, burgers and chopped or minced meats right through, until juices run clear and no pink bits remain. Never eat these meats rare.
- Use separate utensils for handling raw and cooked foods. Wash your hands regularly.
- During cooking, if food starts to burn on the outside, raise the height of the grill or reduce the heat of the charcoal (dampen coals slightly or partially close air vents). Turn and move the food around to cook it evenly.

- Don't add sauce or marinade to cooked food if it has already been used with raw meat.

### **Serving the food**

- Never use the same plates for raw meat and cooked foods.
- Keep serving bowls covered to protect food from dust and insects.
- Eat food as soon as it is ready.
- Thoroughly clean all cooking and serving utensils and work surfaces after use.
- Any leftovers, should be stored in clean, covered containers in the fridge as soon as they have cooled down, and eaten within 48 hours.
- Throw away any perishable foods that have been left out at ambient air temperatures for more than a couple of hours.

### **Happy, safe eating**

Issued by:

Environmental Health, Public Protection, Dacorum Borough Council, Civic Centre, Marlowes,  
Hemel Hempstead, Herts, HP1 1HH

Email. [environmental.health@dacorum.gov.uk](mailto:environmental.health@dacorum.gov.uk)

Tel: (01442) 228084

Fax: (01442) 228477