

Barbecue Safety

Kitchen

Cooking outdoors safely, where undercooking is most likely.

Barbecues are where food poisoning most often originates at home.

1

Thaw completely first

Partly frozen food chars outside and stays raw inside.

2

Wait for the coals

Grey ash, no flames. Flames char without cooking.

3

Separate everything

Different tongs and plates for raw and cooked. Never reuse the raw plate.

4

Cook through, then char

Or start on the grill and finish in the oven.

5

Check with a probe

75°C in the thickest part for chicken, burgers and sausages.

WHOLE CUTS VS MINCED

Whole steak: surface bacteria only, can be rare

Burgers and sausages: mixed through, must be cooked all the way

Keep food refrigerated until it goes on the grill. Two hours in summer sun is well inside the danger zone.