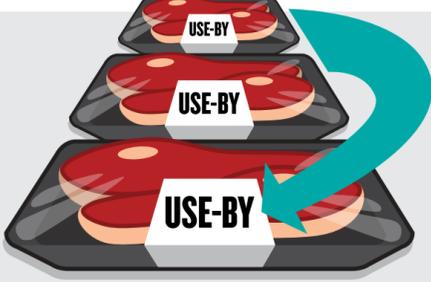


MASTER YOUR MEAT PREPARATION WITH

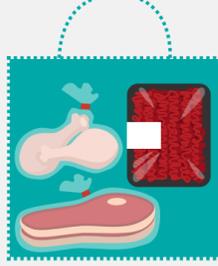


BUYING MEAT



If you're buying pre-packed meat, check the label for the use-by date. You can freeze the meat before this date to use it later

RAW MEAT

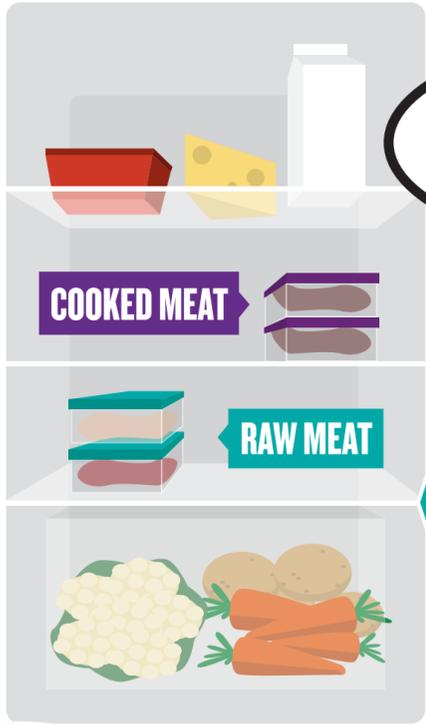


READY-TO-EAT



Make sure raw meats are packed in bags separate from 'ready to eat' foods like cooked ham or cheeses

STORING MEAT



Put meats into the fridge as quickly as possible when you get home

Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge so that it can't touch or drip on to other food

Keep cooked meat separate from raw meat

Follow any storage instructions on the label and don't eat meat after its 'use-by' date

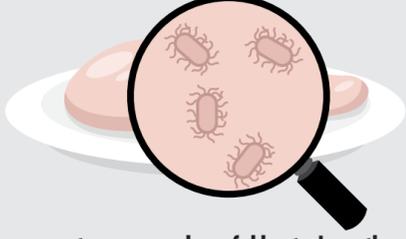
When preparing meat...



Always throw the wrapping in the bin immediately, and thoroughly clean any surfaces that come into contact with it

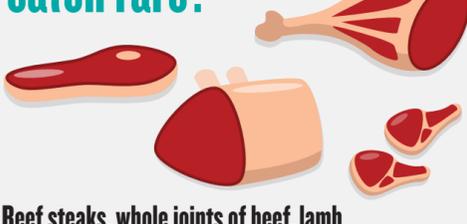


COOKING MEAT



All raw meats can carry harmful bacteria on the outside, so cooking all meat properly is important to kill the bacteria that can cause food poisoning

Which meats can be eaten rare?



Beef steaks, whole joints of beef, lamb chops, whole joints of lamb

Which meats must be cooked all the way through?



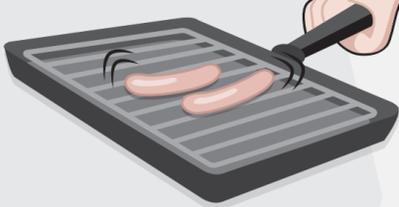
Poultry, pork, rolled joints, burgers, sausages, chicken nuggets, kebabs, kidneys, liver and other types of offal, and any meat or fish that has been minced or skewered

How should I cook these meats?

Select a temperature that is hot enough to cook the meat but not so hot that the outside will burn before the inside has had a chance to cook



If you are cooking a number of small pieces of meat such as sausages, move them around and turn them regularly so that each piece cooks evenly



How do I check these meats are properly cooked?

Meat changes colour when it is cooked. Make sure there is no pink meat left



When you pierce the thickest part of the meat with a fork or skewer, the juices should run clear. For a whole chicken or other bird, the thickest part is the leg between the drumstick and the breast



Cut the meat open with a clean knife to check it is piping hot all the way through – it should be steaming



If you're cooking a very large dish, such as a lasagne, check it in a few places, because some parts of the dish may be less hot than others

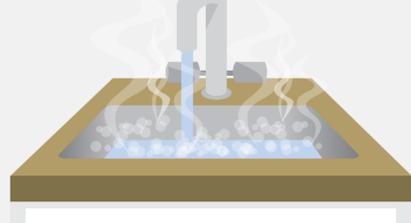
The three cooked-meat-checks:

Make sure there is no pink meat left

Check that the juices run clear

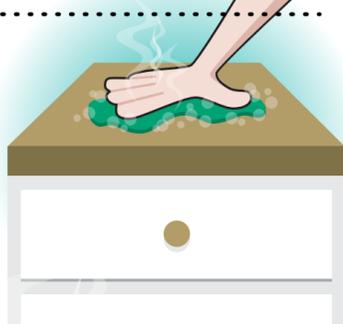
Check the meat is piping hot throughout

CLEANING UP

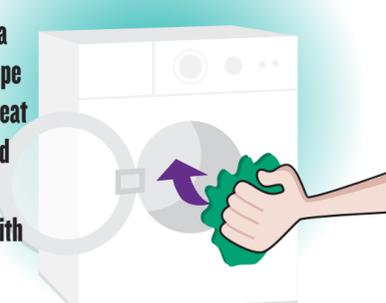


Using hot soapy water...

...always wash surfaces and utensils thoroughly after they have been in contact with raw meat



If you've used a dishcloth to wipe up after raw meat then you should replace it immediately with a clean one



Wash your hands thoroughly after handling raw meat, using warm, soapy water