

Food Safety Information

Burgers and sausages

Many people enjoy beef burgers and sausages, especially during the summer months. As with all meats, beef burgers, sausages and other minced meat products must be properly handled before, during and after cooking to avoid food poisoning bugs.

Raw and improperly handled or cooked sausages and beef burgers can harbour harmful bugs including E. coli O157, Salmonella and Campylobacter. In particular, E. coli O157 infections can result in bloody diarrhoea and, occasionally, kidney failure.

Infants and young children are at particular risk of the debilitating effects of an E. coli O157 infection.

Do

- DO keep raw burgers and sausages and other minced meat products in a container on the bottom shelf of the fridge so they can't come into contact with other food. If they are stored frozen keep them wrapped and away from other foods.
- DO always wash your hands thoroughly, before and particularly after touching raw meat.
- DO keep anyone who has recently had diarrhoea or vomiting away from the food preparation and cooking area.
- DO follow manufacturers' preparation and cooking instructions on packages of beef burgers, sausages and other minced meat products.
- DO cook burgers and sausages until they are piping hot throughout (they need to reach a temperature of 70°C for two minutes during cooking) and the juices run clear.
- DO follow the manufacturer's instructions closely as they are designed to ensure that the food is cooked all the way through.
- Before cooking meat on a barbecue, cook indoors following the manufacturer's instructions and only finish off on the barbecue.
- DO remember to turn food regularly as it cooks to avoid charring on one side and undercooking on the other.
- DO keep cooked burgers and sausages away from raw meat. If you store them in a fridge and wish to serve them hot make sure they are reheated until they are piping hot throughout.
- DO wash your hands before handling cooked foods. It is best to use clean tongs or a clean fork instead of your hands.
- DO thoroughly clean and dry the preparation areas and cooking utensils used for raw meats, burgers and sausages as soon as possible after use, using hot soapy water.

Don't

- DON'T use the same cooking utensils for both raw and cooked meats.
- DON'T eat rare burgers, sausages or minced meat products - check that there is no pinkness.



**Brighton & Hove
City Council**