

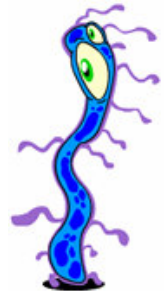


## Don't wash your bird

Raw meat and especially poultry contains harmful bacteria that can spread very easily to anything it touches, including other foods, worktops, chopping boards and knives. You can't see, taste, or smell bacteria, but it can be on food and multiply rapidly in moist, warm conditions. If consumed, the harmful bacteria can cause food borne illness.

However your traditional Christmas Day meal of turkey with all the trimmings needn't be unsafe if you follow the following food safety tips:

- The old practice of washing or rinsing poultry under the tap is likely to lead to increased risk of the spread of bacteria including *Campylobacter*. Washing can splash this bacterium onto worktops, dishes and other foods. Recent research has shown that bacteria, particularly *Campylobacter*, can be spread significant distances in the kitchen, and any practice which transfers these organisms, should be avoided
- Remember to wash hands before and after handling turkey, or any other raw meat.
- Always leave frozen meat to thoroughly defrost in a fridge or cool place. Take the turkey out of the packaging and put it in a large dish to catch the liquid that comes out as the turkey thaws. If they are still present remove the giblets and the neck as soon as possible; this will speed up the thawing.
- Pour away the liquid that comes out of the defrosting turkey regularly to stop it overflowing and spreading bacteria. Be careful not to splash the liquid onto worktops, dishes, tea towels or other food. Remember to wash your hands every time you handle the turkey. Use disposable kitchen towels to wipe up splashes and spills.
- Plan your cooking time in advance, to make sure you get the turkey in the oven early enough to cook it thoroughly.
- Follow the cooking instructions on the packaging. The meat should be piping hot all the way through.
- There should be no pinkness where the meat is thickest.
- Make sure juices that run out when the bird is pierced, are clear.



- It is better to cook stuffing in a separate tin. Stuffing placed inside the turkey can mean the centre of the bird or the stuffing its self is not properly cooked.
- Cool leftovers quickly before refrigerating, only reheat them once and make sure it's piping hot. Ideally leftovers should be eaten within 48 hours.
- To store cooked food that won't be eaten until later – cool as quickly as possible (ideally within 1-2 hours) and don't put hot food in the fridge.

