

Handling and cooking your Qurbani safely

Thank you for purchasing your Qurbani from us. This guide will help you safely manage your carcase or meat if it has not been fully chilled at the abattoir to the temperature of 7°C before dispatch.

These guidelines ensure you get the most out of your Qurbani in the safest possible way.

Keep transport times to a minimum and protect the meat from all forms of contamination.

ENSURE YOUR MEAT IS CLEAN, CHILLED AND COOKED THOROUGHLY.

When you get your prepared meat home, it is important to cut it up and do one of three things:

1 CHILL IT – Put it in the coldest part of the fridge (should be below 5°C). This slows down the growth of bacteria. Leaving space allows air to circulate and maintains the set temperature.

2 FREEZE IT – Freezer temperatures usually run at -18°C. This will stop bacteria from growing on your meat.

3 COOK IT – Make sure the meat is well cooked throughout.

REMEMBER

- Wash your hands before and after handling raw meat
- Do not cut up raw meat or chicken on the same chopping board as vegetables or herbs
- Most harmful bacteria will grow at temperatures above 8°C and below 63°C – this is known as the 'danger zone' for bacterial growth

SO WHEN YOU GET YOUR QURBANI HOME, CHILL IT, FREEZE IT OR COOK IT

Further information on how to make the best use of food and leftovers can be found on the NHS website:
[nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers](https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers)

