

Handling and cooking your Qurbani safely

Thank you for purchasing your Qurbani from us. You may, following in the footsteps of Prophet Mohammad (sas), want to prepare and consume your Qurbani quickly for religious reasons. The aim of this guidance is to help you SAFELY manage your Qurbani carcass or meat if it has not been fully chilled at the abattoir to the temperature of 7°C before dispatch.

Please follow these guidelines to ensure you get the most out of your Qurbani in the safest possible way. Where meat is to be further distributed to family and friends, this advice should actively be made available to them.

ENSURE YOUR MEAT IS CLEAN, CHILLED AND COOKED THOROUGHLY

It will have been wrapped for you if you collected it directly from the abattoir in your car. When you get your prepared meat home, it is important that you cut it up and do one of three things as soon as possible:

1 CHILL IT – Put it in the coldest part of the fridge – should be below 5°C. This will slow down growth of bacteria which may be growing on the surface of the meat. Do not overfill your fridge. 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 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



You can find more information on the Food Standards Agency website here:
[food.gov.uk/food-safety](https://www.food.gov.uk/food-safety)

