Qurbani leaflet

Thank you for purchasing your Qurbani from us. This guidance 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 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

growing on your meat.

**3 COOK IT** – Make sure the meat is well

cooked throughout.

**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**

WHEN YOU GET

YOUR QURBANI HOME,

**CHILL IT, FREEZE IT** OR **COOK IT**

Further information on how to make best use of food and leftovers can be found on the NHS website : [https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Feat-well%2Fhow-to-store-food-and-leftovers%2F&data=04%7C01%7CAWAL.FUSEINI%40AHDB.ORG.UK%7C50780a8f8147444e4eb608d8e3de404e%7Ca12ce54b3d3d434695efff13ca5dd47d%7C1%7C0%7C637509890991646918%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Z1jkZb%2BBfNGBM34BO5UZaQNoOu2ef4DtpyrXXxWcx4k%3D&reserved=0) .