

Further Information and Advice

For more information on food
safety and safer eating, visit
the Food Standards Agency
website

www.food.gov.uk

and

www.eatwell.gov.uk



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Prevent Food Poisoning

Avoid falling fowl of
"turkey tummy"
at
Christmas



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IMPORTANT INFORMATION

Simple turkey preparation tips

Raw poultry may well carry *Salmonella* or *Campylobacter* bacteria that can cause food poisoning. Correct thawing, preparation, cooking and cooling are all essential to prevent food poisoning.

Defrosting

If frozen, make sure it's fully defrosted before cooking it, as recommended cooking times won't be long enough to cook it thoroughly. This means that food poisoning bacteria could survive the cooking process.

It's important to work out defrosting time in advance. It can take at least a couple of days for a large turkey to thaw.

Preparing Poultry

When raw poultry or meat is handled, hands, surfaces and utensils may become contaminated with bacteria.

Keep raw poultry away from ready to eat food. Use separate chopping boards for raw meat and cooked foods.

Don't wash your meat - bacteria can splash onto worktop, dishes and other food. Proper cooking will kill the bacteria

Cooking

If you use stuffing, cook it separately; do not stuff the body cavity of the bird as it is the last place for heat to penetrate and may result in undercooking

Cook the poultry thoroughly for the recommended time. To check if the bird is cooked thoroughly, insert a skewer into the thickest part (the thigh) of the bird avoiding the bone. If the juices run clear it is cooked. If there is blood in the juice, then you need to cook it for longer until they run clear.

Follow the instructions on the packaging. The cooking guidelines below are only estimates and will vary according to your oven type.

As a general guide, roast in an oven pre-heated to 180 °C (350 °F; Gas Mark 4)

Weight of Bird	Thawing Time (in fridge)	Roasting Time
5lb/2.25kg	20 hours	2 hours
10lb/4.5kg	22-24 hours	3 hours
15lb/6.75kg	24-28 hours	4½ hours
20lb/9kg	40-48 hours	5 hours
25lb/11.25kg	48+ hours	6½ hours

Allow the cooked bird to rest for 30 minutes when cooked.

Leftovers

Don't take any risks with leftovers - meat should be cooled and stored in the fridge or freezer in clean, covered containers.

Only reheat food once, making sure that it is very hot all the way through.

Enjoy your Christmas meal and have a happy and healthy festive season.



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