

Burger Cooking Guide

The Food Standards Agency has an excellent guide for cooking burgers, you can find it here: [Burgers | Food Standards Agency](#).

When cooking burgers, it's essential to follow food safety guidelines to ensure that the burgers are safe to eat.

Safe cooking guide for burgers:

1. **Clean and sanitize:** Before you start cooking, make sure all cooking surfaces, utensils, and hands are clean and sanitized. Wash your hands thoroughly with soap and water for at least 20 seconds before handling any food.
2. **Ground beef handling:** Purchase ground beef from a reputable source, and ensure it is stored and handled properly to prevent any contamination. Keep ground beef refrigerated below 5°C until ready to use. Ensure the ground beef is prepared on a dedicated raw meat surface or bowl which is thoroughly cleaned after use.
3. **Cooking temperature:** Cook the smashed burgers to a minimum internal temperature of 75°C, or equivalent. Use a sanitised probe thermometer to accurately measure the temperature. Insert the thermometer into the centre of the thickest part of the patty.
4. **Preheat cooking surface:** Preheat your griddle, flat-top grill, or skillet to a high temperature to ensure proper cooking and kill any harmful bacteria.
5. **Avoid cross-contamination:** Use separate cutting boards and utensils for raw meat and other ingredients. Do not place cooked burgers on the same plate that held the raw patties.
6. **Thorough cooking:** Ensure that each patty is cooked thoroughly on both sides, all juices run clear and when you cut into the centre, none of the meat is pink.
7. **Cooking times may vary depending on the thickness of the patties and the cooking surface, but a few minutes on each side should be sufficient.**
 - **Time temperature –** if you are wanting to use the time temperature method, following manufacturers guide, speak with your Local Authority you must periodically check that the internal temperature is reaching 75°C.
8. **Resting time:** Allow the burgers to rest for a minute or two after cooking. This helps the juices redistribute, resulting in a juicier burger.
9. **Proper storage:** If you have leftover cooked burgers, store them in the refrigerator within 90 minutes of cooking. Reheat leftovers to an internal temperature of 75°C (or equal) before consuming.

By following these safe cooking guidelines, you can minimize the risk of foodborne illnesses and ensure that your smashed burgers are safe to serve to your customers. Food safety is a crucial aspect of any food business, and it helps build trust with your clientele while keeping them safe and healthy.

Less than thoroughly cooked burgers / rare burgers

Speak with your Local Authority before serving less than thoroughly cooked burgers.

The trend in serving and eating undercooked or rare burgers has greatly increased in the past several years within the UK. Various outlets and restaurant chains offer rare or undercooked burgers as an option. The Local Authorities across Hertfordshire do not recommend serving undercooked burgers due to the risk of E. coli O157 and Salmonella.

Less than thoroughly cooked beef burgers guidance produced by the Food Standards Agency is available here: [Guidance summary | Food Standards Agency](#)

Better Business for All works to boost business productivity and growth by making it easier for businesses to access the regulatory support they need from Local Authorities such as Trading Standards, Environmental Health, Licensing, and others. BBfA also works with regulators to help them better understand the challenges faced by businesses. We hope this guidance has been useful, further business support information can be found here: [Better Business For All](#).