

Safe method:

Cooking safely

Thorough cooking kills harmful bacteria.



Safety point

Follow the manufacturer's cooking instructions for food products, where appropriate.

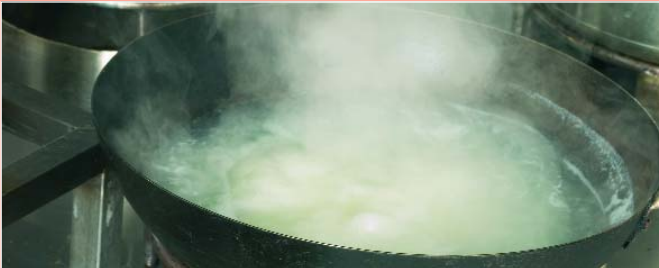
Why?

The manufacturer has tried and tested safe cooking methods specifically for its products.

Preheat equipment such as steamers and deep-fat fryers before cooking.

If you use equipment before it has preheated, food will take longer to cook. This means that recommended cooking times in recipes or manufacturer's instructions might not be long enough.

Make sure liquid dishes, e.g. soups, are boiling.



This is to make sure the food is hot enough to cook it thoroughly and kill bacteria.

Remember to handle stock carefully – see the safe method on 'Foods that need extra care'.

Cut meat/poultry into pieces of a similar size before cooking.



This is to make sure that all the pieces of meat/poultry take the same amount of time to cook.

If you serve beef or lamb rare (whole cuts such as steaks), make sure all of the outside surfaces are fully cooked, e.g. by sealing in a pan.



This will kill harmful bacteria on the surface of the meat.

Check it – use these checks to tell if food is properly cooked.



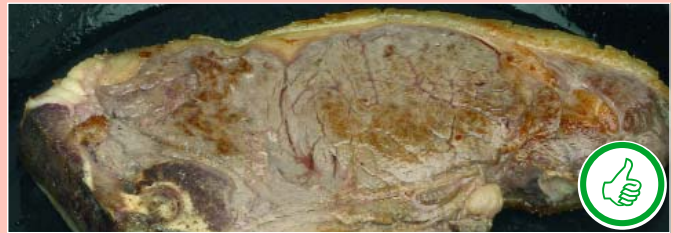
The largest piece of meat or poultry in stir-fries and stews should be very hot (steaming) all the way through with no pink or red.



Check that liquid dishes boil rapidly when you stir them.



Check that roast pork is cooked all the way through with no pink or red in the centre.



Check that all the outside surfaces of whole cuts of meat (beef or lamb) are fully cooked.



Check that combination dishes, such as spring rolls, pork balls and dim sum, are very hot (steaming) all the way through.

What to do if things go wrong

- Cook the food for longer.
- Speed up the cooking process, for example by dividing the food into smaller quantities, or using different equipment.

How to stop this happening again

- Repair or replace equipment.
- Review your cooking method. You might need to increase the time or temperature, or use different equipment.
- Train staff again on this safe method.
- Improve staff supervision.

 Write down what went wrong and what you did about it in your diary. 