

SAFE METHOD:

CHECKING YOUR MENU





It is important to show how you check that dishes on your menu are properly cooked.

HOW TO USE THIS SHEET





This sheet is for you to show how you check key cooked dishes. It focuses on types of dish where proper cooking is essential to kill harmful bacteria. Before you start, make sure you have read the 'Cooking safely' and 'Foods that need extra care' safe methods.

Different checks are suitable for different types of dish. For each type of key cooked dish on your menu, choose a check from the list below and write the type of dish next to the appropriate check.

You do not need to write down eggs and pulses, these are covered by the 'Foods that need extra care' safe method. Also fruit and vegetables and ready-to-eat food are included in the 'Ready-to-eat food' safe method.

CHECK		TYPES OF DISH
If you serve beef or lamb rare (whole cuts such as steaks and whole joints only), make sure all of the outside surfaces are fully cooked.		e.g. steaks, leg of lamb
Check that whole birds are cooked through thoroughly in the thickest part of the leg. The meat should not be pink or red and the juices should be clear and not have any pink or red in them.		e.g. roast chicken, turkey
Check that rolled meat joints, whole cuts of pork and processed meat products, such as sausages and burgers, are steaming hot all the way through with no pink or red in the centre.		e.g. sausages, pork chops, rolled joint
Check that livers and offal are cooked thoroughly. When preparing dishes such as liver pâté or parfait, the liver should be cooked through and should not be pink inside.		e.g. fried liver, pâté, parfait
Check that liquid dishes bubble rapidly when you stir them.		e.g. gravy, soup, sauces, stews
Cut into the centre of fish, or by the bone if there is one, to check that the colour and texture has changed and the fish is cooked through.		e.g. salmon, cod



CHECK	TYPES OF DISH
<p>The largest piece of meat in stews, curries, stir-fries etc. should be steaming hot all the way through with no pink or red.</p> 	<p>e.g. curries, casseroles</p>
<p>Check that combination dishes (e.g. contains meat and vegetables) are steaming hot in the centre.</p> 	<p>e.g. lasagne, fish pie</p>
<p>Check that shellfish such as prawns have changed in colour and texture.</p> 	<p>e.g. prawns in garlic butter</p>
<p>To check that a mussel or clam is cooked, make sure the shell is open and the mussel or clam has shrunk inside the shell.</p> 	<p>e.g. moules marinière</p>

STEAMING HOT	TYPES OF DISH
<p>Make sure food is steaming hot all the way through. You should use this check:</p> <ul style="list-style-type: none"> • when reheating food • when you cannot find another suitable check for one of your dishes 	

PROBES	TYPES OF DISH
<p>You could also use a temperature probe to check that dishes are properly cooked or reheated. See the 'Prove it' safe method in the Management section.</p> 	

YOUR CHECK	TYPES OF DISH
<p>If you use a different check, you will need to prove that it is safe. See the 'Prove it' safe method in the Management section. Give details of your check here:</p>	

If your menu changes substantially, you may need to fill out this sheet again. You can download another copy from food.gov.uk/catering