





SAFE METHOD:

COOKING SAFELY



Thorough cooking kills harmful bacteria.

SAFETY POINT	WHY?
Where appropriate, follow the manufacturer's cooking instructions for food products.	The manufacturer has tried and tested safe cooking methods specifically for its products.
Preheat equipment such as ovens and grills 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.
Do not let raw food touch or drip onto cooked food e.g. when adding food to the grill/barbecue. Never use the same utensils, plates or containers for raw and cooked or ready-to-eat food. It is a good idea to fully cook poultry in an oven first, then finish it on the barbecue. If you are using left over marinade as a sauce, make sure it is cooked until steaming hot.	Raw food can carry harmful bacteria, which could spread onto cooked food and stop it being safe. This will make sure that the poultry is cooked thoroughly. Juices should be clear, with no pink or red in them. Marinades can carry bacteria from the raw meat or poultry, if not cooked thoroughly.
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. by sealing in a pan. 	This will kill harmful bacteria on the outside of the meat. Pork and rolled joints should not be served rare.
Liver and offal must be cooked all the way through. When preparing dishes, such as liver pâté or parfait, the liver should be cooked until there is no pink meat left. 	Harmful bacteria can be found in the centre of liver as well as the outside.
Turn meat and poultry during cooking. 	This helps it cook more evenly and thoroughly.
Make sure liquid dishes, e.g. gravy, soups, sauces and stews, are simmering and stir them frequently. 	This is to make sure the food is hot enough to kill bacteria. Stirring will help make sure the food is the same temperature all the way through.



CHECK IT – USE THESE CHECKS TO TELL IF FOOD IS PROPERLY COOKED.



Check that whole birds are cooked through thoroughly in the thickest part of the leg. The meat should not be pink or red.



The juices should be clear and not have any pink or red in them. It is a good idea to cook stuffing separately.



The largest piece of meat in stews, curries etc. should be steaming hot all the way through with no pink or red.



Check that 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.



Check that combination dishes (e.g. contains meat and vegetables) are steaming hot in the centre. If you are cooking a large dish or batch, check in several places.



Check that liquid dishes bubble rapidly when you stir them.



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



To check fish is cooked through cut into the centre of fish, or by the bone if there is one, to check that the colour and texture has changed. Tuna steaks can be served 'rare' as long as they have been fully seared on the outside.



To check a pork joint or rolled meat joint, insert a skewer into the centre until juices run out. The juices should not have any pink or red in them.



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

- 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.
- Repair or replace equipment.

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

