



SAFE METHOD:

FOODS THAT NEED EXTRA CARE



Some foods need to be treated with extra care to make sure they are safe to eat.

Remember that raw food is often the main source of bacteria in the kitchen. Follow the advice in the 'Cooking safely' safe method on how to cook these foods. You should also take care with the following foods.

SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Eggs</p> <p>Cook eggs and foods containing eggs thoroughly until they are steaming hot.</p>	<p>Eggs can contain harmful bacteria. If you cook them thoroughly this kills any bacteria.</p>	<p>List the dishes containing eggs that you prepare or cook.</p> <p>Do you cook eggs and food containing eggs thoroughly until they are steaming hot?</p> <p>Yes</p> <p>If not, what do you do?</p>
<p>Use pasteurised egg (not ordinary eggs) in any food that will not be cooked, or only lightly cooked e.g. mayonnaise and mousse.</p>	<p>Pasteurisation also kills bacteria, which is why pasteurised egg is the safest option.</p>	
<p>Do not use eggs after the 'best before' date.</p> <p>Make sure you rotate stock and use the oldest eggs first.</p> <p>Buy eggs from a reputable supplier.</p> <p>Store eggs in a cool, dry place.</p>	<p>After this date, there is a greater chance of harmful bacteria growing in the eggs.</p> 	
<p>Rice</p> <p>When you have cooked rice, make sure you keep it hot until serving or chill it down as quickly as possible and then keep it in the fridge.</p> <p>You can make rice chill down more quickly by dividing it into smaller portions, spreading it out on a clean tray, or running it under cold water (make sure the water is clean and drinking quality).</p>	<p>Rice can contain spores of a type of harmful bacteria that may not be killed by cooking or reheating.</p> <p>If cooked rice is left at room temperature, spores can multiply and produce toxins that cause food poisoning. Reheating will not get rid of these</p>	<p>How do you keep rice hot before serving?</p> <p>If you chill down rice how do you do this?</p>
<p>Pulses</p> <p>Follow the instructions on the packaging on how to soak and cook dried pulses, such as beans.</p> 	<p>Pulses can contain natural toxins that could make people ill unless they are destroyed by the proper method of soaking and cooking.</p> <p>Tinned pulses will have been soaked and cooked already.</p>	<p>Do you follow the manufacturer's instructions when cooking pulses?</p> <p>Yes</p> <p>If not, what do you do?</p>



SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Shellfish</p> <p>Make sure you buy shellfish from a reputable supplier.</p> <p>Keep the packaging for 60 days, after opening.</p>	<p>If you do not use a reputable supplier, you cannot be confident that shellfish have been caught and handled safely.</p> <p>It is a legal requirement to keep labels for 60 days to trace suppliers, if needed.</p>	
<p>Crabs, crayfish, lobster and scallops should be prepared by someone with specialist knowledge.</p>	<p>Some parts of these shellfish cannot be eaten and some are poisonous, so it is important to know how to remove these parts safely.</p>	<p>If you prepare crabs, crayfish, lobster and scallops, are these prepared by someone with specialist knowledge?</p> <p>Yes</p> <p>If not, what do you do?</p>
<p>Shellfish such as prawns and scallops will change in colour and texture when they are cooked.</p> <p>For example, prawns turn from blue-grey to pink and scallops become milky white and firm.</p> <p>Langoustines (also called scampi or Dublin Bay prawns) are pink when raw and the flesh becomes firm and pink-white when they are cooked.</p> <p>If you use ready-cooked (pink) prawns, serve them cold or reheat them until they are piping hot all the way through.</p>	 	<p>List the types of shellfish you serve or use as an ingredient.</p>
<p>Before cooking mussels and clams, throw away any with open or damaged shells.</p>	<p>If the shell is damaged or open before cooking, the shellfish might not be safe to eat.</p>	
<p>To check that a mussel or clam is cooked, make sure the shell is open and that the mussel or clam has shrunk inside the shell. If the shell has not opened during cooking, throw it away.</p>		
<p>Fish</p> <p>Make sure you buy fish from a reputable supplier.</p> <p>If you buy fresh fish make sure you store it between 0°C and 4°C. If you buy frozen fish then keep it frozen until you are ready to use it.</p>	<p>Certain types of fish, such as mackerel, tuna, anchovies and herrings, can cause food poisoning if not kept at the correct temperature.</p>	