

SAFE METHOD:

# COOKING SAFELY



Thorough cooking kills harmful bacteria.

SAFETY POINT	WHY?
<p>Where appropriate, follow the manufacturer's cooking instructions for food products.</p>	<p>The manufacturer has tried and tested safe cooking methods specifically for its products.</p>
<p>Preheat equipment such as ovens and grills before cooking.</p>	<p>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.</p>
<p>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.</p> <p>It is a good idea to fully cook poultry in an oven first, then finish it on the barbecue.</p> <p>If you are using left over marinade as a sauce, make sure it is cooked until steaming hot.</p>	<p>Raw food can carry harmful bacteria, which could spread onto cooked food and stop it being safe.</p> <p>This will make sure that the poultry is cooked thoroughly. Juices should be clear, with no pink or red in them.</p> <p>Marinades can carry bacteria from the raw meat or poultry, if not cooked thoroughly.</p>
<p>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.</p> 	<p>This will kill harmful bacteria on the outside of the meat. Pork and rolled joints should not be served rare.</p>
<p>Liver and offal, including dishes such as liver pate or parfait, must be cooked to a safe temperature in the centre of the meat (see 'Prove it').</p> 	<p>Harmful bacteria can be found in the centre of liver as well as the outside.</p>
<p>Turn meat and poultry during cooking.</p> 	<p>This helps it cook more evenly and thoroughly.</p>
<p>Make sure liquid dishes, e.g. gravy, soups, sauces and stews, are simmering and stir them frequently.</p> 	<p>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.</p>



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

Check whole birds are cooked to a safe temperature in the thickest part of the leg (see 'Prove it'). The meat should not be pink or red and the juices should be clear.



The largest piece of meat in stews, curries etc. should be cooked to a safe temperature in the centre with no pink or red (see 'Prove it').



Check whole cuts of pork and processed meat products, such as sausages and burgers, are cooked to a safe temperature in the centre with no pink or red (see 'Prove it').



Check combination dishes (e.g. contains meat and vegetables) are cooked to a safe temperature in the centre (see 'Prove it'). If you are cooking a large dish or batch, check in several places.



Stir liquid dishes regularly and check they bubble rapidly and are heated to a safe temperature in several places before serving (see 'Prove it').



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



Check fish is cooked to a safe temperature in the centre and the colour and texture has changed (see 'Prove it').



Check pork joints or rolled meat joints are cooked to a safe temperature in the centre (see 'Prove it'). The juices should not have any pink or red in them.



Some fish (e.g. tuna) may be served 'rare' as long as they have been correctly frozen beforehand to kill any parasites which may be present and are fully seared on the outside to kill any harmful bacteria that may be present. Further guidance is available at [the FSA website](https://www.food.gov.uk/food-safety-hygiene)

## PROVE IT

Use a disinfected temperature probe to check dishes are properly cooked or reheated.

**Examples of safe time/temperature combinations for cooking include:**

80°C for at least 6 seconds

70°C for at least 2 minutes

60°C for at least 45 minutes

75°C for at least 30 seconds

65°C for at least 10 minutes

(See the 'Prove it' safe method in the Management section for advice on using probes safely).

### 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.**

