



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 one of the main sources 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 or, if serving eggs or egg dishes lightly cooked (e.g. soft boiled or in fresh mayonnaise or mousse), either use:</p> <ul style="list-style-type: none"> • Pasteurised egg, or • British Lion code or equivalent assurance scheme 	<p>Eggs can contain harmful bacteria. If you cook them thoroughly this kills any bacteria.</p> <p>The British Lion code or equivalent assurance schemes demonstrates eggs have been produced in a safe manner and therefore can be eaten less than thoroughly cooked. Pasteurisation also kills harmful 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>Make sure you rotate stock and use the oldest eggs first. Use eggs within the 'best before' date. You can freeze them for use later if required.</p> <p>Buy eggs from a reputable supplier.</p> <p>Store eggs in a cool, dry place.</p>	<p>Harmful bacteria can grow in eggs that are not handled or stored correctly</p> 	<p>Yes If not, what do you do?</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>
<p>Shellfish (molluscs and crustaceans)</p> <p>Make sure you buy shellfish from a reputable supplier. Keep the product label 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>	



SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<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>Crustaceans and molluscs 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>Always follow the manufacturer's instructions for preparation and storage.</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>If the shell has not opened during cooking, the shellfish might not be safe to eat.</p>	
<p>Fish: 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>	
<p>Other foods that need extra care: Some businesses produce certain foods or use certain processes other than those included in this pack (some examples are provided below). If this is the case for your business, you must be able to demonstrate that you do these safely. Contact your the Environmental Health Team at your local council for additional guidance.</p> <p>Example processes include: Vacuum packing, sous vide, low temperature cooking, fermenting, smoking or curing meat/fish</p> <p>Example foods include: Kebabs, sushi/sashimi, liver parfait, fish/meat carpaccio and tartare, less than thoroughly cooked burgers</p>		