

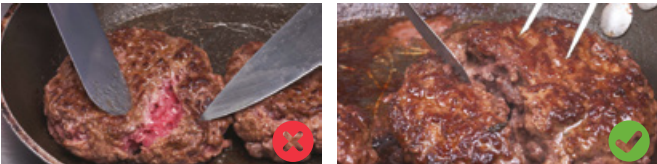



SAFE METHOD:


# COOKING AND REHEATING SAFELY



Thorough cooking kills harmful bacteria. It is also very important to reheat food properly to kill harmful bacteria that may have grown since the food was cooked.

SAFETY POINT	WHY?
<p>If a food has manufacturer's cooking instructions, follow these. When baking or reheating, cook foods to a golden yellow, or lighter colour. Take care not to over bake or burn foods. Always check that food is very hot (steaming) all the way through. You may like to use a disinfected temperature probe to prove your methods are safe and the thickest part of the food is cooked to a safe temperature. You can also use the following checks to make sure that food is properly cooked or reheated.</p>	<p>The manufacturer has tried and tested safe cooking methods specifically for its products.</p>
TYPES OF CHECK	TYPES OF FOOD
<p>Check that food you are cooking or reheating is very hot (steaming) all the way through. Check the centre of dishes such as shepherd's pie or lasagne.</p> 	<p><b>Circle the types of food you use this check for and add any others.</b></p> <p><b>Types of food:</b> stew, curry, soup, gravy, pasta dishes, fish, rice, pies and pasties, fish fingers, pizzas, stir fries.</p> <p><b>Other foods:</b></p>
<p>Check that pieces of chicken are very hot (steaming) in the middle. The meat should not be pink or red and the juices should not have any pink or red in them. If you are cooking a whole chicken, check the meat in the thickest part of the leg.</p> 	<p><b>Types of food:</b> chicken drumstick and leg, chicken curry, chicken nuggets.</p> <p><b>Other foods:</b></p>
<p>Check that pork, liver and processed meat products, such as sausages and burgers, are very hot (steaming) all the way through with no pink or red in the centre.</p> 	<p><b>Types of food:</b> burgers, sausages, meatballs, pork chops, liver, gammon.</p> <p><b>Other foods:</b></p>
<p>Check that all the outside surfaces of meat are fully cooked.</p> 	<p><b>Types of food:</b> lamb chops, lamb cutlets, steak, joints of beef and lamb.</p> <p><b>Other foods:</b></p>



TYPES OF CHECK	TYPES OF FOOD
<p><b>Eggs</b></p> <p>Cook eggs and food containing eggs thoroughly until they are steaming hot or, if serving eggs or egg dishes lightly cooked (e.g. soft boiled or in mousse, ice cream or cake mixture for tasting), either use:</p> <ul style="list-style-type: none"> <li>• Pasteurised egg, or</li> <li>• British Lion code or equivalent assurance scheme</li> </ul> <p>The Lion code, or equivalent assurance scheme, demonstrates eggs have been produced in a safe manner and can therefore be eaten less than thoroughly cooked.</p> <p>Do not use eggs after the ‘best before’ date and ideally keep eggs in the fridge.</p> 	<p>Do you cook egg dishes and foods containing eggs thoroughly until they are very hot (steaming)?</p> <p>Yes      No</p> <p>If not, what do you do?</p>
<p><b>Rice</b></p> <p>When you have cooked rice, make sure you keep it hot until it is eaten or cool it down as quickly as possible (ideally within one hour) and then keep it in the fridge. Use cooked rice within 24 hours and reheat it until very hot (steaming).</p> <p>Rice can contain spores from a type of harmful bacteria. If cooked rice is left at room temperature, the bacteria could start growing again from the spores. These bacteria will multiply and may produce toxins (poisons) that cause food poisoning. Reheating will not get rid of these.</p>	<p>Do you either keep rice hot or cool it down as quickly as possible and keep it in the fridge?</p> <p>Yes      No</p> <p>If not, what do you do?</p>

## THINK TWICE!

### Reheating

Remember, reheating means cooking again, not just warming up. To make sure that cooked or reheated food is safe to eat, always check it is very hot (steaming) all the way through and then, if you need to, let it cool a little before serving it to a child. You should only reheat food once.

If you are reheating food in a microwave, follow the product manufacturer’s instructions, if you have them, including advice on standing and stirring. Standing and stirring are part of the process of cooking or reheating in a microwave and help to make sure that food is the same temperature all the way through.

If you use a microwave to reheat food that you, or a parent / carer have cooked, it is a good idea to stir it while reheating. When food is microwaved, it can be very hot at the edges and still be cold in the centre – stirring helps to prevent this.

## WHAT TO DO IF THINGS GO WRONG

- If food is not properly cooked or reheated, cook it for longer.
- Speed up the cooking process, for example by dividing the food into smaller quantities, or using different equipment.
- Check that your oven / hob / microwave is working properly.

**Write down what went wrong and what you did about it in your action sheet.**



Safe method completed: Date:

Signature: