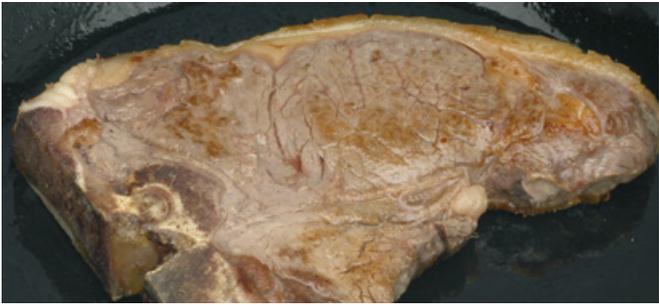


## SAFE METHOD:

# COOKING SAFELY



Thorough cooking kills harmful bacteria.

SAFETY POINT	WHY?
<p>Follow the manufacturer's cooking instructions for food products, where appropriate.</p>	<p>The manufacturer has tried and tested safe cooking methods specifically for its products.</p>
<p>Preheat equipment such as steamers and deep-fat fryers 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>Make sure liquid dishes, e.g. soups, are stirred regularly and heated to a safe temperature (see 'Prove it').</p> 	<p>This is to make sure the food is hot enough to cook it thoroughly and kill bacteria.</p> <p>Remember to handle stock carefully – see the safe method on 'Foods that need extra care'.</p>
<p>Cut meat/poultry into pieces of a similar size before cooking.</p> 	<p>This is to make sure that all the pieces of meat / poultry take the same amount of time to cook.</p>
<p>If you serve beef or lamb rare (whole cuts such as steaks), 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 surface of the meat.</p> <p>Pork and rolled joints should not be served rare.</p>



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

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



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 roast pork and duck are cooked to a safe temperature in the centre with no pink or red (see 'Prove it').



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



Check that combination dishes (e.g. vegetable spring rolls, pork balls and dim sum) 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.

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

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).



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.



## 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

### 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.
- Repair or replace equipment if it is not working properly.
- Train staff again on this safe method.
- Improve staff supervision.

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

