




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 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>Stock</p> <p>Ideally, only make enough stock for one day. If you have any leftover stock, chill it down as quickly as possible and then put it in the fridge. See the ‘Chilling down hot food’ safe method in the Chilling section.</p> <p>If you need to reheat chilled stock, make sure it is stirred regularly and re-heated to a safe temperature in several places before serving (see ‘Prove it’).</p>	<p>Harmful bacteria can grow in stock that is chilled down too slowly or left out at room temperature.</p> 	<p>How do you chill down leftover stock?</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>Some people are allergic to certain shellfish. So make sure they are clearly listed on your menu or ingredients information. See the ‘Managing Food Allergen Information’ safe method for further information.</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>You must provide information about allergens to your customers if you use them as ingredients in food you make.</p>	<p>List the types of shellfish you serve or use as an ingredient:</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>	 	



SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Shellfish continued</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>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>Some people are allergic to fish. So make sure any fish or food that contains fish as an ingredient is clearly listed on your menus or ingredients information. See the 'Managing Food Allergen Information' safe method for further information.</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>You must provide information about allergens to your customers if you use them as ingredients in food you make.</p>	
<p>Other foods that need extra care:</p> <p>Some businesses provide 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 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 and meat carpaccio</p>		

THINK TWICE!

Some people may be sensitive to monosodium glutamate (MSG). This is an additive used to bring out the flavour in foods. It is a good idea to be aware of all of the dishes on your menu that contain MSG, so you will be able to give customers accurate information. Remember that there can be MSG in ingredients such as soy sauce, as well as MSG added to the final dish.