

SAFE METHOD:

CHECKING FOOD IS COOKED





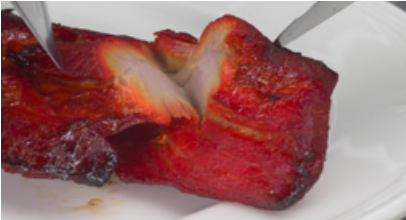

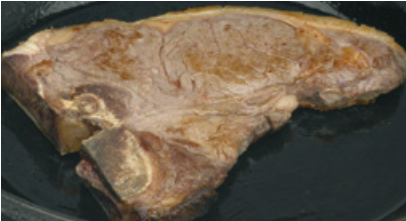
It is important to show how you check that dishes on your menu are properly cooked.

HOW TO USE THIS SHEET

This sheet is for you to show how you check that dishes are properly cooked. Before you start, make sure you have read the 'Cooking safely' and 'Foods that need extra care' safe methods.

Different checks are suitable for different types of dish. For each key type of cooked dish on your menu, choose a check from the list below and write the type of dish next to it. You do not need to write down every dish on your menu. If you prepare a number of dishes in the same way and use the same check, you can group them together, e.g. you could write 'stir-fried meat dishes in sauce' next to the appropriate check.

You do not need to write down eggs, shellfish or rice on this sheet – these are covered by the 'Eggs', 'Foods that need extra care' and 'Rice' safe methods. Watch our [Food Safety Coaching: Cooking safely video](#) for more information.

| CHECK | | TYPES OF DISH |
|---|---|--|
| 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' in 'Cooking Safely'). |  | e.g. sweet and sour chicken |
| Make sure liquid dishes, e.g. soups, are stirred regularly and heated to a safe temperature (see 'Prove it' in 'Cooking Safely'). |  | e.g. soup, stock, sauces |
| Check that roast pork and duck are cooked to a safe temperature in the centre with no pink or red (see 'Prove it' in 'Cooking Safely'). |  | e.g. char sui pork, crispy aromatic duck |
| Check that combination dishes (e.g. spring rolls, pork balls and dim sum) are cooked to a safe temperature in the centre (see 'Prove it' in 'Cooking Safely'). If you are cooking a large dish or batch, check in several places. |  | e.g. spring rolls, pork balls, dim sum |
| Check that all the outside surfaces of whole cuts of meat and whole joints (beef or lamb) are fully cooked. |  | e.g. steaks |



CHECK

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

Some fish (e.g. tuna) may be served 'rare' as long as they have been frozen beforehand – see 'Cooking Safe Method'.



TYPES OF DISH

e.g. whole fish, fish steaks

CHECKING FOOD IS HOT

Make sure food is very hot (steaming) all the way through.

You should use this check:

- when food has been cooked before and you are cooking it again, e.g. spare ribs, pork balls.
- when you cannot find another suitable check for one of your dishes.

TYPES OF DISH

PROBES

You should use a disinfected temperature probe to check dishes are properly cooked or reheated. See the 'Prove it' safe method in the Management section.

You may wish to record some of your temperature checks in the diary pages.

Temperature probes should be checked regularly to make sure their readings are accurate.



If your menu changes substantially, you may need to fill out this sheet again.

You can download another copy from [the FSA website](#).