

## SAFE METHOD:

# CHECKING FOOD IS COOKED

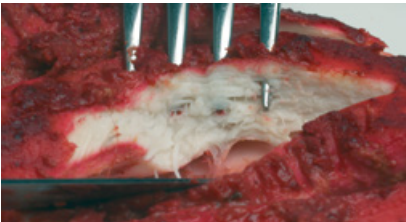






It is important to show how you check that dishes on your menu are properly cooked.

### HOW TO USE THIS SHEET

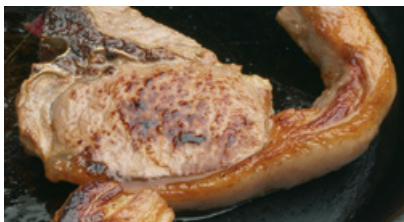
This sheet is for you to show how you check that dishes are properly cooked. Before you start, make sure you have read the 'Cooking safely' and 'Foods that need extra care' safe methods.

Different checks are suitable for different types of dishes. For each key type of cooked dish on your menu, choose a check from the list below and write the type of dish it will be used for 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, for example, you could write 'meat curries' next to the appropriate check. You do not need to write down eggs, shellfish, rice or ready-to-eat foods on this sheet – these are covered by the 'Foods that need extra care', 'Rice' and 'Ready-to-eat food' safe methods. [Watch our Food Safety Coaching: Cooking safely video](#) for more information.


CHECK		TYPES OF DISH
Check that pieces of poultry are cooked to a safe temperature in the centre. 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 bird, check the meat in the thickest part of the leg. (see 'Prove it' in 'Cooking Safely').		Examples: tandoori chicken, chicken tikka
The largest piece of meat in curries, and similar dishes, should be cooked to a safe temperature in the centre with no pink or red (see 'Prove it').		Examples: meat curries
Stir liquid dishes regularly and check they bubble rapidly and are heated to a safe temperature in several places before serving (see 'Prove it' in 'Cooking Safely').		Examples: gravies / sauces / curries
Check that minced-meat products, such as Seekh and Shami kebabs, Keema naan and koftas, are cooked to a safe temperature in the centre with no pink or red meat (see 'Prove it' in 'Cooking Safely').		Examples: Seekh kebabs, Keema naan
Check that combination dishes, such as biriyani, are cooked to a safe temperature.  If you are cooking a large dish or batch, check in several places (see 'Prove it' in 'Cooking Safely').		Examples: biriyani



CHECK	TYPES OF DISH
<p>Check fish is cooked to a safe temperature in the centre and that the colour and texture has changed (see 'Prove it' in 'Cooking Safely').</p> <p>Some fish (such as tuna) may be served 'rare' as long as they have been frozen beforehand – see Cooking Safe Method.</p>	Examples: fish curry
<p>Check that all the outside surfaces of whole cuts of meat (lamb or beef) are fully cooked.</p>	Examples: lamb chops



CHECKING FOOD IS HOT	TYPES OF DISH
<p>Make sure food that has been cooked before which you are reheating (for example, curry, chicken tikka) is heated to a safe temperature (see 'Prove it' in 'Cooking Safely').</p>	

PROBES	
<p>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.</p> <p>You may wish to record some of your temperature checks in the diary pages.</p>	

If your menu changes substantially, you may need to fill out this sheet again.  
You can download another copy from [the FSA website](#).