

SAFE METHOD:

COOKING SAFELY – BACON, SAUSAGES AND EGGS



If you cook bacon, sausages or eggs, it is very important to handle them carefully and cook them properly.

SAFETY POINT	WHY?
Follow the manufacturer's cooking instructions where appropriate.	The manufacturer has tried and tested safe cooking methods specifically for its products.
Preheat cooking equipment, e.g. grill, before cooking.	If you use equipment before it has preheated, food will take longer to cook and the recommended cooking times might not be long enough.
Make sure you cook bacon and sausages thoroughly to a safe temperature. Sausages should be steaming hot all the way thorough with no pink or red in the centre. You can use a clean and disinfected temperature probe to check that food is properly cooked. Be aware of the risk of cross contamination allergens in the kitchen.	These products can contain harmful bacteria. If you cook them thoroughly this kills any bacteria. Egg is one of the 14 regulated allergens and is recognised as one of the most common ingredients or processing aids pf public health concern that cause food hypersensitivity.
Do not let raw food touch or drip onto cooked food, e.g. when putting more food onto a grill. Never use the same utensils, plates or containers for raw and cooked or ready-to-eat food, unless they are cleaned and disinfected between tasks.	Raw food can carry harmful bacteria, which could spread onto cooked food and stop it being safe to eat.
Cook eggs and foods containing eggs thoroughly until they are steaming hot or, if serving eggs/egg dishes lightly cooked (e.g. soft boiled), either use: <ul style="list-style-type: none">• Pasteurised egg, or• British Lion code or equivalent assurance scheme eggs.	Eggs can contain harmful bacteria. If you cook them thoroughly this kills any bacteria. The Lion code or equivalent assurance schemes demonstrates eggs have been produced in a safe manner and therefore can be eaten less than thoroughly cooked. Pasteurisation also kills harmful bacteria.

THINK TWICE!

Staff should always wash their hands thoroughly after handling raw meat or eggs and before handling or preparing ready-to-eat food.

CHECK IT

It is very important to check that the food you sell is properly cooked.



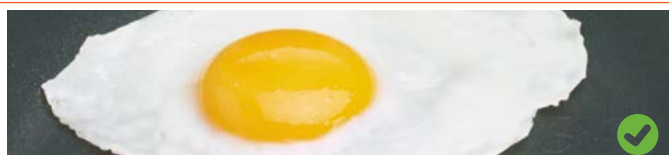
Check in the centre of the sausage that the colour and texture has changed and it is steaming hot.

Do you use this check? Yes No



Check that the colour and texture of bacon has changed and it is steaming hot.

Do you use this check? Yes No



Check that the egg is cooked until the white is solid. (The safest option is to cook the egg until the yolk is also solid.)

Do you use this check? Yes No



PROBES	YOUR CHECK
<p>You could also use a clean and disinfected temperature probe to check that food is properly cooked.</p> <p>See the 'Prove it – cooking' safe method for advice on using probes.</p>	<p>If you use a different check to those suggested on the front of this sheet, you will need to prove that it is safe.</p> <p>See the 'Prove it – cooking' safe method.</p> <p>Write the details of your check in the table below.</p>



If you use a probe, fill in the details of what you do in the 'Temperature probe' column. If you use another check different to those suggested on the front of this sheet, fill in the details in the 'Your check' column.

Product	Temperature probe	Your check
	Give details of the temperature you need to reach and for how long, e.g. 75°C for at least 30 seconds.	Write the details of your check below.

THINK TWICE!

If you cook sausages, bacon or eggs that you do not serve immediately, remember to keep them properly hot or chill them down safely. See the 'Bake off products, reheating and hot holding' safe method.

WHAT TO DO IF THINGS GO WRONG	HOW TO STOP THIS HAPPENING AGAIN
<ul style="list-style-type: none">If food is not cooked properly, cook it for longer and then check it again.	<ul style="list-style-type: none">Review your cooking method. You might need to increase the time or temperature.Train staff again on this safe method.Improve staff supervision.Repair or replace equipment.

MANAGE IT

Remember, if you are handling any raw bacon, sausages or eggs, it is very important to read and complete the 'Raw meat, poultry and eggs' safe method, as well as this one.

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

