

Thorough cooking of food kills bacteria. If food is not cooked properly it may not be safe for you or others to eat.



Illustration: Don Smith

LIQUIDS/SAUCES

- Ensure liquids/sauces are boiling – this makes sure that the food is cooked and is hot enough to kill bacteria.
- Stirring food regularly ensures that the food is the same temperature all the way through.

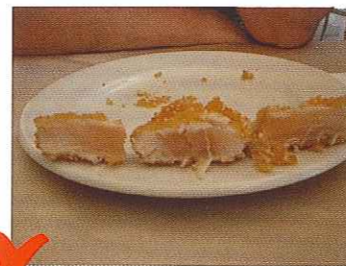


MEAT DISHES

- Check that whole cuts of pork and processed meat (sausages, burgers etc) are cooked in the centre with no pink or red meat.
- Casseroles, curries and stews can be checked by cutting into the largest piece of meat to make sure it is not pink in the middle. These dishes should be steaming in the middle.
- Whole cuts of meat should be fully cooked on the outside (i.e. beef or lamb).
- Rolled joints can be checked by placing a skewer in the centre of the meat to ensure that the juices run clear and that there is no pink or red.

CHICKEN

- Check that the meat is cooked at the thickest part of the chicken.
- Ensure that the juices run clear with no pink or red in them.



FISH

- Cut into the centre of the fish to ensure that the colour has changed.

PRODUCTS THAT ARE READY TO EAT MUST ALSO BE HANDLED CORRECTLY TO ENSURE THAT THESE FOODS ARE PROTECTED FROM HARMFUL BACTERIA.



DO NOT ALLOW RAW FOOD TO TOUCH OR DRIP ON COOKED FOOD



DO NOT USE THE SAME UTENSILS FOR RAW AND COOKED FOODS

RISK	HOW DO I CONTROL THIS RISK?	WHAT IF THINGS GO WRONG?
If food is not cooked properly bacteria will not be killed.	<p>Food is piping hot when served.</p> <p>Temperature probes are used to make sure that core temperature of food 75°C or above before serving.</p> <p><u>Processed food</u></p> <p>Processed food is checked before serving to make sure it is not pink or red in the middle.</p> <p><u>Casseroles, curries etc.</u></p> <p>Casseroles, curries etc are checked before serving by cutting into the largest piece of meat to make sure they are not pink or red in the middle.</p> <p>Whole cuts of meat.</p> <p>Whole cuts of lamb or beef are cooked fully on the outside before being served.</p> <p><u>Liquids</u></p> <p>Liquids are cooked until boiling to make sure that bacteria are killed.</p> <p>Liquids are stirred regularly to make sure they are the same temperature all the way through.</p> <p><u>Chicken</u></p> <p>When cooking chicken the thickest piece is cut into to make sure the meat is not pink or red in the middle.</p> <p>Chicken is checked to make sure that the juices run clear and are not pink or red, before serving.</p> <p><u>Fish</u></p> <p>When cooking fish the centre is cut into to make sure that it has changed colour.</p>	<p>Allow the food to cook for longer.</p> <p>Cook food faster by splitting it into smaller portions or using a different method to cook it.</p>
If food is not reheated properly bacteria may not be killed.	<p>Food is piping hot before serving.</p> <p>Food is checked to ensure that it is thoroughly reheated before serving.</p> <p>Temperature probes are used to make sure that core temperature of food 82°C or above before serving.</p>	<p>Allow the food to re heat for longer.</p> <p>Cook food faster by splitting it into smaller portions.</p>
If hot food is held at a temperature that is not warm enough bacteria may be able to multiply.	<p>Temperature probes are used to make sure that food is held at a temperature of 63°C or above.</p> <p>Food that is held hot is checked to make sure that it is piping hot before serving.</p>	<p>Reheat food to make sure that it is piping hot throughout</p> <p>Chill food and store it in the fridge.</p> <p>Or</p> <p>Throw the food away.</p>
Contamination of ready to eat food with bacteria from raw foods.	<p>Separate utensils and equipment are used for cooked and ready to eat foods.</p> <p>Utensils and equipment used for raw foods are thoroughly cleaned and disinfected before being used to handle ready to eat foods.</p> <p>Raw foods do not touch cooked foods during cooking i.e. in the grill or oven.</p>	<p>If you think food has been contaminated with bacteria in any way throw it away.</p> <p>If you think surfaces or equipment have been contaminated with bacteria clean and disinfect them.</p>