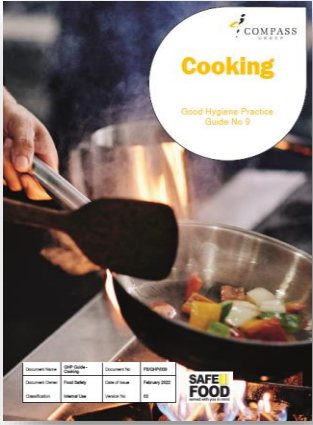


Food Safety Conversation No9: Cooking

Key Learning

What You Need To Know

Cooking is a critical step to ensure that any bacteria that may be present in food are completely killed and the food is safe to eat for your customers



- Food poisoning micro-organisms are killed through the correct Time and Temperature combination.
- Food must be cooked thoroughly to achieve a core temperature of +75°C for at least 30 seconds.
- Temperature check all protein foods using a sanitized probe thermometer to ensure completion of the cooking process, and record the temperature on the Food Production Temperature record form.
- Never undercook rolled joints / minced or diced meat / poultry / pork as these are high risk food items and require thorough cooking to reduce the risk of food poisoning bacteria being present.
- Some whole cuts of meat required “rare” and some fish products may be cooked to a lower temp.
 - For whole cuts of meats required “pink” or “rare” check to ensure the outer surface of the meat is fully sealed and browned off before serving.
 - Cut into the centre of fish to check that the colour and texture has changed.
 - Whole pieces of fish (e.g. Tuna steaks) can be served ‘rare’ as long as they have been fully seared on the outside.
 - Shellfish such as prawns and scallops will change in colour and texture when they are cooked.
- Also visually check food to ensure it has been cooked thoroughly:
 - The flesh of meat or fish has changed colour
 - Poultry is not pink inside
 - Check the juices of rolled joints or poultry run clear when pierced
- Cooking temperatures of all protein foods and cooked rice dishes must be checked and recorded on the Food Production Record Form.
- Food temperature probes must be accuracy checked every month using melting ice or boiling water and recorded in the HSE Logbook or on the Probe Thermometer Accuracy Record Form.



HACCP Stages

Colleague Validation

More Information

- Preparation
- Cooking
- Food Service & Display

1. What is the standard Compass time & temperature combination to ensure thorough cooking?
2. Give examples of visual checks you can undertake to check food has been cooked properly.
3. How do you ensure a food probe thermometer is working correctly?

More information can be found within the **Good Hygiene Practice Guide No: 9 Cooking** and the HSE website