


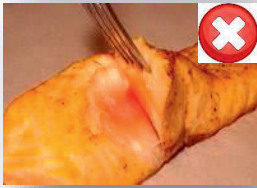






# Food Safety Conversation No9: Cooking

FS.SC.009.03

Key Learning	What You Need To Know	
<p>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</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food poisoning micro-organisms are killed through the correct Time and Temperature combination.</li> <li><input type="checkbox"/> Food must be cooked thoroughly to achieve a core temperature of +75°C.</li> <li><input type="checkbox"/> Temperature check all protein foods using a sanitised probe thermometer to ensure completion of the cooking process, and record the temperature on the Food Production Temperature record form or the digital HACCP equivalent.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> Some whole cuts of meat and some fish products may be cooked to a lower temperature.             <ul style="list-style-type: none"> <li>▪ 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.</li> <li>▪ Whole pieces of fish (e.g. tuna steaks) can be served ‘rare’ as long as they have been fully seared on the outside.</li> </ul> </li> <li><input type="checkbox"/> Also visually check food to ensure it has been cooked thoroughly:             <ul style="list-style-type: none"> <li>▪ Check the centre of fish or near the bone to make sure that the colour and texture has changed.</li> <li>▪ Shellfish such as prawns and scallops will change in colour and texture when they are cooked.</li> <li>▪ The juices from pork, rolled joints and poultry should be clear and not have any red or pink in them.</li> <li>▪ Ensure poultry and minced meat products are not pink inside</li> <li>▪ Check that pizza bases are cooked and that the toppings are bubbling</li> </ul> </li> <li><input type="checkbox"/> 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.</li> </ul>	      
HACCP Stages	Colleague Validation	More Information
<ul style="list-style-type: none"> <li>• Preparation</li> <li>• Cooking</li> <li>• Food Service &amp; Display</li> </ul>	<ol style="list-style-type: none"> <li>1. What is the standard Compass cook temperature to ensure thorough cooking?</li> <li>2. Give examples of visual checks you can undertake to check food has been cooked properly.</li> <li>3. How do you ensure a food probe thermometer is working correctly?</li> </ol>	<p>More information can be found in the <b>Good Hygiene Practice Guide No: 9 Cooking</b> and the HSE website</p>