

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 dish. For each key type of cooked dish on your menu, choose a check from the list below and write the type of dish 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, e.g. you could write 'stir-fried meat dishes in sauce' next to the appropriate check.

You do not need to write down eggs, shellfish or rice on this sheet – these are covered by the 'Eggs', 'Foods that need extra care' and 'Rice' safe methods.

## Check

The largest piece of meat or poultry in stir-fries and stews should be very hot (steaming) all the way through with no pink or red.



Check that liquid dishes boil rapidly when you stir them.



Check that roasted pork is very hot (steaming) all the way through with no pink or red meat in the centre.



Check that combination dishes are very hot (steaming) all the way through.



Check that all the outside surfaces of whole cuts of meat and whole joints (beef or lamb) are fully cooked.



## Types of dish

e.g. chicken curry

e.g. soup, stock

e.g. char sui pork

e.g. spring rolls, pork balls, dim sum

e.g. steaks

## Checking food is hot

Make sure food is very hot (steaming) all the way through.

You should use this check:

- when food has been cooked before and you are cooking it again, e.g. spare ribs, pork balls
- when you cannot find another suitable check for one of your dishes

## Types of dish

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## Probes

You could also use a temperature probe to check that dishes are properly cooked or reheated. See the 'Prove it' safe method in the Management section.



## Types of dish

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## Your check

If you use a different check, you will need to prove that it is safe. See the 'Prove it' safe method in the Management section. Give details of your check here:

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## Types of dish

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If your menu changes substantially, you may need to fill out this sheet again.  
You can download another copy from [food.gov.uk/sfbb](http://food.gov.uk/sfbb)