

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

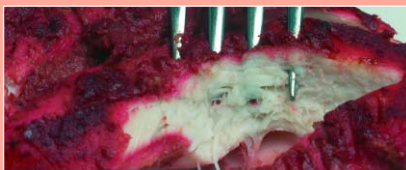
This sheet is for you to show how you check that dishes are properly cooked. Before you start, make sure you have read the 'Cooking safely' and 'Foods that need extra care' safe methods.

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 'meat curries' next to the appropriate check.

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

Check

Check that pieces of poultry are very hot (steaming) in the middle. The meat should not be pink or red and the juices should not have any pink or red in them.



The largest piece of meat in curries etc. should be very hot all the way through with no pink or red.



Check that liquid dishes boil rapidly when you stir them.



Check that minced-meat products, such as Seekh and Shami kebabs, Keema naan and koftas, are very hot all the way through with no pink or red meat in the centre.



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



Types of dish

e.g. tandoori chicken, chicken tikka

e.g. meat curries

e.g. gravies/sauces

e.g. Seekh kebabs, Keema naan

e.g. biriyani

Check

Cut into the centre of fish, or by the bone if there is one, to check that the colour and texture has changed.



Types of dish

e.g. fish curry

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



e.g. lamb chops

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. adding cooked chicken to a biriyani
- when you cannot find another suitable check for one of your dishes

Types of dish

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

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:

Types of dish

If your menu changes substantially, you may need to fill out this sheet again.
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