

Safe method:

# Cooking safely

Thorough cooking kills harmful bacteria.



## Safety point

Follow the manufacturer's cooking instructions for food products, where appropriate.

## Why?

The manufacturer has tried and tested safe cooking methods specifically for its products.

Preheat equipment such as grills and tandoor ovens before cooking.

If you use equipment before it has preheated, food will take longer to cook. This means that recommended cooking times in recipes or manufacturer's instructions might not be long enough.

Do not let raw food touch or drip onto cooked food e.g. when adding raw meat to the tandoor oven.

Raw food can carry harmful bacteria, which could spread onto cooked food and stop it being safe.

Make sure liquid dishes, e.g. gravies/sauces, are boiling.

This is to make sure the food is hot enough to cook it thoroughly and kill bacteria.



Stir dishes frequently.

This is to help make sure the food is the same temperature all the way through, with no cold spots.



Cut meat/poultry into pieces of a similar size before cooking.

This is to make sure that all the pieces of meat/poultry take the same amount of time to cook.



If you serve lamb or beef rare (whole cuts such as steak only), make sure all of the outside surfaces are fully cooked, e.g. by sealing in a pan or grill.

This will kill harmful bacteria on the surface of the meat.



## Check it – use these checks to tell if food is properly cooked.



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.

If you are cooking a whole bird, check the meat as above, in the thickest part of the leg.



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 are boiling 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 (steaming) all the way through.



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



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

## What to do if things go wrong

- Cook the food for longer.
- Speed up the cooking process, for example by dividing the food into smaller quantities, or using different equipment.

## How to stop this happening again

- Repair or replace equipment.
- Review your cooking method. You might need to increase the time or temperature, or use different equipment.
- Train staff again on this safe method.
- Improve staff supervision.



Write down what went wrong and what you did about it in your diary.

