

Safe method:

## Eggs

Raw eggs can contain harmful bacteria, on the shell or inside the egg. So it is very important to handle eggs carefully and cook them thoroughly.



Safety point	Why?	How do you do this?
Make sure you buy eggs from a reputable supplier.	If you do not use a reputable supplier, you cannot be confident that the eggs have been handled safely.	
Store whole eggs in a cool dry place, ideally in the fridge, until you use them.	Storing eggs at a constant cool temperature will help to keep them safe.	
Do not use eggs after their 'best before' date.	After this date there is a greater chance of harmful bacteria growing in the eggs. 	
If you are breaking eggs to use later, do not keep large amounts of liquid egg at room temperature. Store it (covered) in the fridge and take out a small amount when you are ready to use it. Only break the eggs you will need for the day and avoid storing liquid egg for more than 24 hours. Never add new eggs to a batch of liquid egg – use up one batch and then start another.	Harmful bacteria can multiply in liquid egg that is left out at room temperature.	List the types of dishes containing eggs that you prepare or cook: <div style="border: 1px solid black; height: 150px; width: 100%;"></div>
Clean surfaces and utensils thoroughly after they have been used with raw eggs and before preparing other foods.	This helps to prevent harmful bacteria spreading from raw eggs to other foods.	
Wash your hands thoroughly after handling raw eggs.	This helps to prevent harmful bacteria being spread from your hands to other foods, surfaces or utensils. 	

## Safety point

Use pasteurised egg (not ordinary eggs) in any food that will not be cooked, or will be only lightly cooked. Remember, once you have opened pasteurised egg, keep it in the fridge.

Cook eggs and foods containing eggs thoroughly, until they are very hot (steaming).

When you make egg fried rice, add the egg to the wok first and make sure it is thoroughly cooked before adding rice or other ingredients. Never add raw egg to the cooked rice.

Never use the same ladle for adding raw egg to the wok and for serving cooked food, e.g. when making egg foo yung.

## Why?

Pasteurisation kills bacteria, which is why pasteurised egg is the safest option.

Eggs can contain harmful bacteria. If you cook them thoroughly this kills any bacteria.



Egg must be thoroughly cooked all the way through to kill any harmful bacteria. You cannot be sure the egg is thoroughly cooked unless you add it first.



Using the same ladle could spread harmful bacteria from the raw egg to the cooked food.

## How do you do this?

Do you cook eggs and food containing eggs thoroughly until they are very hot?

Yes

If not, what do you do?

How do you make egg fried rice?

## What to do if things go wrong

- Cook the eggs or dishes containing eggs for longer.
- If ready-to-eat or cooked food has been prepared using a surface or utensils that have been used with raw eggs, throw the food away.

## How to stop this happening again

- Review your cooking method.
- Train staff again on this safe method.
- Improve staff supervision.



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

