




Safe method:

Foods that need extra care

Some foods need to be treated with extra care to make sure they are safe to eat.



Remember that raw meat and poultry are often the main source of bacteria in the kitchen. Follow the advice in the 'Cooking safely' method on how to cook these foods. You should take extra care with the foods listed below, as well as rice and eggs – see the 'Rice' and 'Eggs' safe methods.

Safety point	Why?	How do you do this?
<p>Stock</p> <p>Ideally, only make enough stock for one day. If you have any leftover stock, chill it down as quickly as possible and then put it in the fridge. See the 'Chilling down hot food' safe method in the Chilling section.</p> <p>If you need to reheat chilled stock, make sure it is very hot (steaming) all the way through. Do not reheat more than once.</p>	<p>Harmful bacteria can grow in stock that is chilled down too slowly or left out at room temperature.</p> 	<p>How do you chill down leftover stock?</p> <div data-bbox="1070 797 1513 1176" style="border: 1px solid #ccc; height: 169px;"></div>
<p>Shellfish</p> <p>Make sure you buy shellfish from a reputable supplier.</p>	<p>If you do not use a reputable supplier, you cannot be confident that shellfish have been caught and handled safely.</p>	<p>List the types of shellfish you serve or use as an ingredient.</p> <div data-bbox="1070 1361 1513 1995" style="border: 1px solid #ccc; height: 283px;"></div>
<p>Shellfish such as prawns and scallops will change colour and texture when they are cooked. Prawns turn from blue-grey to pink and scallops become milky-white and firm.</p> <p>Langoustines (also called scampi or Dublin Bay prawns) are pink when raw and the flesh becomes firm and pink-white when they are cooked.</p> <p>If you use ready-cooked (pink) prawns, serve them cold or reheat them until they are piping hot all the way through.</p>	 	

Safety point

Shellfish continued

Crabs and lobster should be prepared by someone with specialist knowledge.

Why?

Some parts of these shellfish cannot be eaten and some are poisonous, so it is important to know how to remove these parts safely.

How do you do this?

If you prepare crabs or lobster, are these prepared by someone with specialist knowledge?

Yes

If not, what do you do?

Before cooking mussels and clams, throw away any with open or damaged shells.

If the shell is damaged or open before cooking, the shellfish might not be safe to eat.

To check that a mussel or clam is cooked, make sure the shell is open and the mussel or clam has shrunk inside the shell. If the shell has not opened during cooking, throw it away.



Think twice!

Some people may be sensitive to monosodium glutamate (MSG). This is an additive used to bring out the flavour in foods. It is a good idea to be aware of all of the dishes on your menu that contain MSG, so you will be able to give customers accurate information. Remember that there can be MSG in ingredients such as soy sauce, as well as MSG added to the final dish.