


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 – see the 'Rice' safe method.

Safety point	Why?	How do you do this?
Eggs Cook eggs and foods containing eggs thoroughly, until they are very hot (steaming).	Eggs can contain harmful bacteria. If you cook them thoroughly this kills any bacteria.	List the dishes containing eggs that you prepare or cook.
Use pasteurised egg (not ordinary eggs) in any food that will not be cooked, or only lightly cooked.	Pasteurisation also kills bacteria, which is why pasteurised egg is the safest option.	
Do not use eggs after their 'best before' date.	After this date, there is a greater chance of harmful bacteria growing in the eggs. 	Do you cook eggs and food containing eggs thoroughly until they are very hot? Yes <input type="checkbox"/> If not, what do you do?
Shellfish Make sure you buy shellfish from a reputable supplier.	If you do not use a reputable supplier, you cannot be confident that shellfish have been caught and handled safely.	
Crabs, crayfish and lobster should be prepared by someone with specialist knowledge.	Some parts of these shellfish cannot be eaten and some are poisonous, so it is important to know how to remove these parts safely.	If you prepare crabs, crayfish and lobster, are these prepared by someone with specialist knowledge? Yes <input type="checkbox"/> If not, what do you do?

Safety point

Shellfish continued

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.

Langoustines (also called scampi or Dublin Bay prawns) are pink when raw and the flesh becomes firm and pink-white when they are cooked.

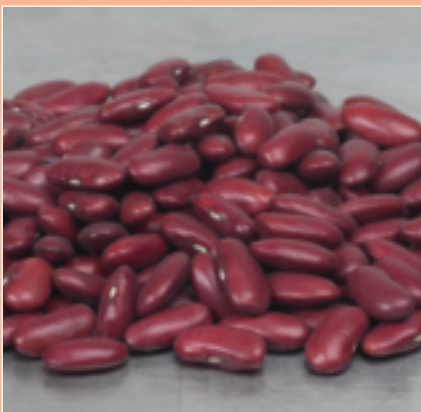
If you use ready-cooked (pink) prawns, serve them cold or reheat them until they are piping hot all the way through.

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

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.

Beans and lentils

Follow the instructions on the packaging on how to soak and cook dried beans and lentils.



Why?



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



Beans and lentils can contain natural toxins (poisons) that could make people ill unless they are destroyed by the proper method of soaking and cooking. Tinned beans and lentils will have been soaked and cooked already.

How do you do this?

List the types of shellfish you serve or use as an ingredient.

Do you follow the manufacturer's instructions when cooking beans and lentils?

Yes

If not, what do you do?