

## SAFE METHOD:

# CHECKING YOUR MENU



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 key cooked dishes. It focuses on types of dish where proper cooking is essential to kill harmful bacteria. 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 type of key cooked dish on your menu, choose a check. You do not need to write down eggs and pulses, these are covered by the 'Foods that need extra care' safe method.

Also fruit and vegetables and ready-to-eat food are included in the 'Ready-to-eat food' safe method.

CHECK	TYPES OF DISH
<p>If you serve beef or lamb rare (whole cuts such as steaks and whole joints only), make sure all of the outside surfaces are fully cooked.</p>	<p>e.g. steaks, leg of lamb</p>
<p>Check whole birds are cooked to a safe temperature in the thickest part of the leg (see 'Prove it' in 'Cooking Safely'). The meat should not be pink or red. The juices should be clear and not have any pink or red in them.</p>	<p>e.g. roast chicken, turkey</p>
<p>Check rolled meat joints, whole cuts of pork and processed meat products, such as sausages and burgers, are cooked to a safe temperature in the centre with no pink or red (see 'Prove it' in 'Cooking Safely').</p>	<p>e.g. sausages, burgers, rolled joint</p>
<p>Liver and offal must be cooked to a safe temperature in the centre of the meat (see 'Prove it' in 'Cooking Safely'). When preparing dishes such as liver pâté or parfait, the liver should be cooked until there is no pink meat left.</p>	<p>e.g. fried liver, pâté, parfait</p>
<p>Check liquid dishes are heated to a safe temperature in several places in case of cold spots. (see 'Prove it' in 'Cooking Safely').</p>	<p>e.g. gravy, soup, sauces, stews</p>
<p>Check fish is cooked to a safe temperature in the centre and the colour and texture has changed (see 'Prove it' in 'Cooking Safely').</p> <p>Some fish (e.g. tuna) may be served 'rare' as long as they have been frozen correctly beforehand – see Cooking Safely.</p>	<p>e.g. salmon, cod</p>



CHECK	TYPES OF DISH
<p>The largest piece of meat in stews, curries etc. should be cooked to a safe temperature in the centre with no pink or red (see 'Prove it' in 'Cooking Safely').</p> 	e.g. curries, casseroles
<p>Check combination dishes (e.g. contains meat and vegetables) are cooked to a safe temperature. (see 'Prove it' in 'Cooking Safely'). If you are cooking a large dish or batch, check in several places.</p> 	e.g. lasagne, fish pie
<p>Check that shellfish such as prawns have changed in colour and texture.</p> 	e.g. prawns in garlic butter
<p>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.</p> 	e.g. moules marinière

## PROVE IT

You should use a disinfected temperature probe to check dishes are properly cooked or reheated. See the 'Prove it' safe method in the Management section.

You may also wish to record some of your temperature checks in the diary pages.

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