



Cooking food

Goal: Ensure that food is properly cooked.

What can go wrong?	What can I do?	How can I check?	What if it is not right?
Food poisoning bacteria can survive and cause illness if food is not properly cooked	<p>Cooking food thoroughly will kill most food poisoning bacteria. To do this you must ensure that the core temperature reaches 75°C or hotter.</p>	<p>Use a probe thermometer to measure the temperature of the thickest part or centre of the food.</p> <p>Check your completed food temperature records (Record 3) to ensure that safe cooking temperatures are maintained.</p>	<p>Cook the food for longer.</p> <p>Increase the temperature of the cooking equipment.</p>
	<p>Use cooking time and cooking equipment temperatures to ensure that food reaches 75°C or hotter and is cooked to the manufacturer's instructions.</p> <p>To ensure it is completely cooked, grill or fry meat (including chicken) that has been cooked on a kebab/spit on a hot plate before serving it to the customer. This is to make sure it is fully cooked and safe to eat.</p>	<p>Regularly measure the temperature of the thickest part of the food using a probe thermometer. Look at how it is being cooked:</p> <ul style="list-style-type: none"> Liquids should bubble rapidly when stirred. Ensure the largest piece of meat in stews and curries is cooked through. Combination dishes (for example, Shepherd's pie) should be steaming in the centre. Processed meat products (for example, sausages and burgers) should be hot through with no pink or red in the centre. Poultry should be fully cooked through to the thickest part of the leg. <p>Monitor the serving of food.</p>	<p>Review your cooking method. Increase the time or temperature, use different equipment or reduce portion sizes.</p> <p>Repair or replace equipment.</p>

