Cooking food

K
Know

What do you need to know?

- Some foods are likely to be contaminated with bugs that will make people sick or die.
- Cooking is a common way to kill these bugs and make the food safe to eat.
- Foods that need to be cooked to be safe include poultry and meat.

D
Do

What do you need to do?

- Cook poultry, minced meat and chicken livers using the **'Cooking poultry, minced meat and chicken liver'** card. Other meats can be served rare but must be seared before serving.
- Follow any manufacturer's instructions for cooking processed and ready-to-eat foods/ingredients.
- Always check dishes for cold spots, they must be cooked evenly and all the way through.
- Stir dishes frequently to avoid cold spots.
- Cooked food that is held between 5°C and 60°C, can be reheated again to above 75°C and served hot (above 60°C) within 4 hours, otherwise it must be thrown out.

D

Do

- Check the temperature of your food by:
    - ☐ using a probe thermometer to check the internal temperature of the food, or
    - ☐ using an infrared thermometer to measure the surface temperature of the food, or
    - ☐ using an automated system to monitor the internal temperature or surface temperature of your food (e.g. data logger).

S

Show

What do you need to show?

- Show your verifier how you know your food is always thoroughly cooked by:
    - ◦ taking the temperature of each item of food you cook, and/or
    - ◦ using the manufacturer's instructions.