



Thoroughly cooking or pasteurising food

K

Know

What do you need to know?

- Thoroughly cooking or pasteurising food is:
 - heating food to a specific temperature and holding it at that temperature long enough to kill the bugs that can make people sick or die,
 - heating food evenly (preventing cold spots) to make sure all active/growing bugs are killed,
 - checking that the correct temperatures are reached every time.

Why is thoroughly cooking or pasteurising food is important?

- Many foods can be contaminated with bugs that could make people sick or cause death.



Raw foods can be contaminated with thousands or millions of bugs.

- Cooking or pasteurising can kill these bugs and make your food safe to eat. It's important to check the temperature with a thermometer (or equivalent) because food can look cooked when it isn't and look uncooked when it is.
- Thorough cooking kills millions of bugs (1 in a million can be expected to survive). Higher risk foods (e.g. meat, poultry, rice) need to be thoroughly cooked.





Know

- Pasteurisation kills thousands of bugs (1 in 100,000 can be expected to survive).
- Pasteurisation can be used when other food safety controls will also be used, (e.g. refrigeration, acidification, fermentation, addition of preservatives to food and/or application of a use-by date and directions for use and storage).



Do

What do you need to do?

- Identify the foods that need to be thoroughly cooked or pasteurised.



D

Do

Thoroughly cook

- Heat foods following one of the temperature/time combinations:

Temperature	Time at temperature
75°C	30 seconds
73°C	60 seconds
70°C	3 minutes
68°C	5 minutes
65°C	15 minutes
63°C	31 minutes



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reo: when cooking poultry, or ground/minced meat you must achieve one of the following temperature/time combinations:

Temperature	Time at temperature
75°C	30 seconds
70°C	3 minutes
65°C	15 minutes

- You must record the temperature/time combination each time you cook poultry (e.g. chicken) or ground/minced meat (e.g. beef mince).

D

Do

Pasteurise food

- Heat foods following one of the temperature/time combinations in the table below:

Temperature	Time
75°C	15 seconds
72°C	60 seconds
71°C	2 minutes
69°C	5 minutes

Cooking or pasteurising

- If your registration authority has approved a different time/temperature combination, make sure you meet it.
- Heat the food evenly so all parts of it reach the temperature/time combination.
- Make sure the food doesn't become recontaminated with bugs after it has been cooked or pasteurised.
- After thoroughly cooking or pasturing:
 - secure the food immediately, or
 - keep the food above 60°C until it's served, or
 - rapidly cool the food.
- When cooling freshly cooked food, it must get from:
 - 60°C to 5°C (or below) in less than 6 hours or it must be thrown out,



Do

- 60°C to room temperature or 21°C (whichever is colder) in less than 2 hours, then room temperature or 21°C (whichever is colder) to 5°C (or below) in less than 4 hours.



Show

What do you need to show?

- Show your verifier:
 - your cooking or pasteurising process,
 - how you know you are meeting the time/temperature requirement(s) applicable to your food and process,
 - how you prevent recontamination of freshly cooked or pasteurised food,
 - how you cool your food (if applicable).



Will you keep records for this?



Early childhood education centres/Kōhanga Reo: you must **record** the temperature/time combination achieved each time you cook poultry, or ground/minced meat.

