

Food Safety Guidance for Businesses



Safer Cooked Meat Production – A Ten Point Plan

These notes are taken from recently revised Department of Health guidelines aimed at reducing the risk to health posed by bacteria such as E. Coli, Salmonella and Listeria during the production of cooked meats.

PREPARATION

Point 1 - CLEAN AND DISINFECT

Clean and disinfect the **raw meat** preparation area before you start. This area must be **separate** from any area in which **cooked meat** is handled. A detergent solution should be used to clean surfaces before they are disinfected. It is important when using disinfectants:

- a) to use the correct food-safe disinfectant for surfaces and equipment which will not adversely affect the food; and,
- b) to use it at the appropriate concentrations.

For guidance on the use of disinfectants see Point 10.

Always wash your hands before and after handling raw meat.

COOKING

Point 2 – COOK SAFELY

To cook meat safely so, that E.Coli, Salmonella and Listeria bacteria are killed, the centre of the meat must reach a core temperature of **at least 70°C for 2 minutes or an equivalent time/temperature combination** or until the juices run clear. (See Point 9 for time/temperature combinations).

Point 3 – CHECK EQUIPMENT

Make sure your cooking equipment is capable of achieving this temperature (or these combinations) consistently.

Point 4 - MONITOR

- The Cooking process **must be monitored**.
- You should **record the core temperature of a least one item from every cook using a probe thermometer**.
- **Wash and disinfect** the probe thermometer after each use.
- **Check the accuracy** of your thermometer regularly.

Point 5 - COOL

Cool the cooked joint **as quickly as possible** in order to prevent the growth of food poisoning bacteria **and then keep it under refrigeration**. Bacteria multiply most rapidly **between 10°C and 55°C** and cooked products should be cooled through this zone **as quick as possible**.

A business must when cooling cooked potentially hazardous food, cool the food.

- (a) within two hours – from 60°C to 21°C: and
- (b) within a further four hours – from 21°C to 5°C.

unless the food business demonstrates that the cooling process used will not adversely affect the microbiological safety of the food.

A food business must, when reheating previously cooked and cooled potentially hazardous food to hold it hot, use a heat process that rapidly heats the food to a temperature of 60°C or above, unless the food business demonstrates that the heating process used will not adversely affect the microbiological safety of the food.

HANDLING AFTER COOKING

Point 6 – CLEAN AND DISINFECT

Clean and disinfect the cooked products handling area, which must be *separate* from any area in which raw products are handled.

Point 7 – WASH YOUR HANDS

Always wash your hands *before handling cooked product*. (All equipment and utensils must be thoroughly cleaned and disinfected *before and after use* on cooked products).

Point 8 – DON'T CROSS-CONTAMINATE!

NEVER allow *raw foods* onto:

- any cooked product.
- any used utensil or tool
- any surface likely to cause contamination or to come into contact with cooked food.

REMEMBER THAT FOOD POISONING FROM COOKED FOODS OFTEN OCCURS AS A RESULT OF CROSS-CONTAMINATION FROM RAW FOODS.

Point 9 - - TIME/TEMPERATURE COMBINATIONS

Equivalent core temperature/cooking temperature combinations are:

Minimum Temperature	Minimum Time
60°C	45 minutes
65°C	10 minutes
70°C	2 minutes
75°C	30 seconds
80°C	6 seconds

HELP AVAILABLE

Point 10 – NEED HELP???

Help and advice is available from your own Trade Associations or Wollongong City Council's Health Officers on 42 514703 weekdays between 9:00am and 5:00pm.