

Advisory Note 5 Safe Cooked Meat Production 10 Point Plan

Preparation

1. 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 to use it at the appropriate concentration. For guidance on the use of disinfectants contact the manufacturer or supplier. Wash your hands before and after handling raw meat.

Cooking

2. To cook meat safely so that E. Coli 0157, Salmonella and Listeria are killed, the centre of the meat must reach a core temperature of at least 70°C for 2 minutes or an equivalent temperature/time combination, or until the juices run clear.
3. Make sure your cooking equipment can achieve this consistently.
4. The cooking process must be monitored. You should record the core temperature of at least one item from every cook, using a probe thermometer. Wash and disinfect the probe after each use. Remember to check the accuracy of the thermometer regularly.

Equivalent Core Cooking Time/Temperature

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Temperature	Time
60°C	45 minutes
65°C	10 minutes
70°C	02 minutes
75°C	30 seconds
80°C	06 seconds

Cooling

6. The cooked product should be cooled as quickly as possible in order to prevent the growth of food poisoning bacteria and then kept under refrigeration. Remember: the smaller the joint, the quicker it cools.

Handling after cooking

7. Clean and disinfect the cooked product handling area, which must be separate from any area in which raw products are handled.
8. Always wash your hands before handling cooked products. All equipment must be thoroughly cleansed and disinfected before and after use on cooked foods.

9. Never allow raw foods or any other product, used utensil or tool, or surface likely to cause contamination, to come into contact with cooked foods.

Remember: food poisoning from cooked foods often occurs as a result of cross-contamination from raw foods

Help Available

10. Your Trade Association or your local Environmental Health Department will be only too pleased to help you if you need advice on the safe handling of foods and on disinfectants.

Help and advice on checking that cooking equipment is working properly may be obtained from the [Meat and Livestock Commission](#), on 01908 677577.

**For further Advice/Information contact
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