





### *Cooking Procedures*

Safety Point	Why?	How do you do this?
<p>Cook food thoroughly to kill food poisoning bacteria.</p>	<p>Food poisoning bacteria can survive if food is not properly cooked.</p> 	<p>Use a probe thermometer to measure the temperature of the thickest part of the food. Wash and sanitize the probe thermometer before and after each use.</p>
<p>The manufacturers' instructions for cooking must be followed.</p>	<p>Food manufacturers have proven safe cooking methods specifically for their products.</p> <p>Harmful bacteria will be destroyed if the manufacturer's cooking time and temperature instructions are followed.</p>	<p>Follow the instructions on the food package.</p> <p>Use a probe thermometer to check the internal temperature of the food.</p>
<p>Cooking equipment such as ovens and grills must be preheated before cooking.</p>	<p>Using equipment before it is preheated may not adequately cook the food and allow harmful bacteria to survive.</p> <p>Manufacturers' instructions for safe and proper cooking of food are also dependent on setting the equipment at correct temperatures (e.g. preheated oven).</p>	<p>Plan ahead to allow for ample time to preheat cooking equipment before use.</p> 

## Ground Meat

Safety Point	Why?	How do you do this?
<p>Ground meat (includes chopped, ground, flaked or minced beef, pork, or fish) must be cooked to a minimum temperature of 71°C (160°F).</p> 	<p>By cooking ground meat to 71°C (160°F), you can be assured that harmful bacteria are killed.</p> <p>Always cook ground meats thoroughly as bacteria are found throughout the entire meat product.</p>	<p>The internal cooking temperature of the ground meat is checked by:</p> <ol style="list-style-type: none"> <li>1. Inserting a clean probe thermometer into ground meat.</li> <li>2. If the temperature on the thermometer is less than 71°C (160°F) then the meat should be cooked longer. The temperature should be checked again at a later time.</li> <li>3. Ground meat should be stirred often to distribute heat evenly.</li> <li>4. The probe thermometer should be calibrated regularly.</li> </ol> <p>You can also use visual clues <b>in addition to (not instead of)</b> these procedures. These can be:</p> <ul style="list-style-type: none"> <li>• The ground meat is brown in color throughout</li> <li>• The juices are running clear.</li> </ul>

## Whole Cuts

Safety Point	Why?	How do you do this?
<p>Cuts of pork, including roasts, should be cooked to 71°C (160°F).</p>  <p>Pork Roast (fully cooked)</p>	<p>Pork must be adequately cooked to eliminate disease-causing parasites and bacteria that may be present. Humans may contract trichinosis (caused by the parasite, <i>Trichinella spiralis</i>) as well as <i>Escherichia coli</i>, <i>Salmonella</i>, <i>Staphylococcus aureus</i> and <i>Listeria monocytogenes</i> by eating undercooked pork.</p> <p>Cooking pork to a minimum temperature of 71°C will kill any bacteria present.</p>	<p>The internal cooking temperature of pork is checked by:</p> <ol style="list-style-type: none"> <li>1. Inserting a clean sanitized probe thermometer into the pork.</li> <li>2. If the temperature on the thermometer is less than 71°C (160°F), then the meat should be cooked longer. The temperature should be checked again at a later time.</li> <li>3. The probe thermometer should be calibrated regularly (see Food Safety Diary for calibration instructions).</li> </ol> <p>You can also use visual clues <b>in addition to (not instead of)</b> these procedures. These can be:</p> <ul style="list-style-type: none"> <li>• There is no pink color left in the meat</li> <li>• The juices are running clear.</li> </ul> <p>If the temperature on the thermometer is less than 71°C (160°F), the pork is cooked longer.</p> <p><input type="checkbox"/> I cook whole cuts of pork to a minimum of 71°C (160°F)</p>

## Pork Product Cooking Procedures

Are spring rolls and similar products purchased from an approved supplier?

- Yes, they come from the **same supplier** and are always the **same size**.
- Yes, they come from **different suppliers** and they **vary in size**.
- No, we make **our own** spring rolls, wontons and similar products.



### Cooking from Frozen vs. Thawed

It is important to cook foods thoroughly. Switching between thawed and frozen product is dangerous. If food is frozen or partially frozen, it will take longer to cook. The outside of the food may look cooked, but the centre might not reach the correct temperature. This means food poisoning bacteria may survive.



- I always cook spring rolls and similar products from frozen
- I always cook spring rolls and similar products from a thawed state.

If your spring rolls, wontons and similar products come from the same supplier and are always the same size, use a probe thermometer and record the time it takes to cook the spring rolls to an internal temperature of 71°C/160°F.

Record the setting of the equipment you are using.



If your spring rolls, wontons and similar products come from different suppliers and vary in size, use a probe thermometer and record the time it takes to cook the **largest of each** you receive. Make sure to record the setting.

If you make your own spring rolls, wontons and similar products, use a probe thermometer and record the time it takes to cook the largest of each you make.

If you make your own spring rolls, wontons and similar products then you must make them consistently the same size. This can be done using a scale.

Time (from FROZEN): \_\_\_\_\_

Time (from THAWED): \_\_\_\_\_

Deep fryer Setting: \_\_\_\_\_

Deep fryer Setting: \_\_\_\_\_

Internal Temperature Reached: \_\_\_\_\_

Internal Temperature Reached: \_\_\_\_\_

**For more information, please contact your nearest Environmental Public Health office.**