

Lightly Cooked Foods

Fact Sheet and Hygiene Rating Improver

No. 7



Dishes containing lightly cooked egg or raw egg

It isn't possible to guarantee that any egg will be free from salmonella. So you need to be careful how you handle and use eggs in recipes.

The safest method is to use pasteurised egg in any food that won't be cooked or only lightly cooked, for example home-made mayonnaise, Béarnaise and hollandaise sauces, some salad dressings, ice cream, icing, mousse, tiramisu and other desserts containing eggs. If using raw shell eggs you must ensure they come from a reputable source such as Lion brand eggs. If not Lion brand you must ensure the eggs come from a vaccinated flock. It should be noted that this advice does not extend to individuals who are severely immunocompromised requiring medically supervised diets prescribed by health professionals.

EGG TOP TIPS; Store eggs in a cool, dry place, ideally in the fridge; Keep eggs away from other foods, when they are still in the shell and when you have cracked them open; Don't use damaged or dirty eggs; Be careful not to splash raw egg onto other foods, surfaces or dishes; If you are breaking eggs to use later (sometimes called 'pooling') keep the liquid egg in the fridge and take out small amounts as needed; Always wash and dry your hands thoroughly after touching eggs or working with them; Serve egg dishes straight away, or cool them quickly and keep chilled; Non-hen eggs such as duck, goose and quail eggs should always be cooked thoroughly.

Pate made with lightly cooked chicken (flash-fried) livers

Chicken livers should be considered a cross-contamination risk – the same as any raw chicken meat. Chicken livers must be thoroughly cooked if making pate and must not be pink in the centre. Chicken livers carry a high risk of campylobacter (a harmful bacterium) and can cause food poisoning if they are not cooked thoroughly. Only flash-frying liver is unlikely to cook them thoroughly. During 2015 most campylobacter outbreaks at catering venues were linked to undercooked chicken liver pate.

Burgers served medium or rare

Burgers made from any type of meat should always be cooked until steaming hot right through. Cooking in this way kills any bacteria, such as E.coli or salmonella, which may be present on or in the meat. This applies whether you are buying a ready-made burger or making your own with mince you have bought from the supermarket or butcher.

It is safe to eat rare beef or lamb steak because searing the outside surface of a piece of steak, such as when cooked rare, will kill any bacteria that might have contaminated the outside. However, the same doesn't go for minced products like burgers - even those described as 'steak burgers' or when making your own burgers from 'steak mince'. This is because any bacteria that may have been on the surface of the raw meat will be spread throughout the burger when meat is minced, so any pink meat may still contain harmful bacteria, whether raw or in a burger that's cooked on the outside.

If you want to serve rare/lightly cooked burgers you must source your mince from a supplier that is approved to sell mince especially for raw food dishes. You will need to conduct a detailed HACCP for the product to ensure you control the hazard. Verification in the form of laboratory sampling is likely to be required and you must detail on your menu the risks that can come from consuming

raw burgers. For more information see FSA Guidance - www.food.gov.uk/business-industry/guidancenotes/meatregsguid/less-than-thoroughly-cooked-beef-burgers. **Beef Carpaccio**

Whole cuts of beef are normally used to make this product. With whole cut of beef the bacteria is located on the outside of the meat, the only effective method to kill the bacteria is to sear the outside of the meat. Thus when serving raw meat, as for Carpaccio, the raw meat must have been seared first. The seared meat can then be cut off using dedicated boards and knives and the inside of the meat should then be used to make the Carpaccio.

Sushi

Fishery products intended to be eaten raw must first go through a freeze treatment. If fish intended to be eaten raw is delivered fresh, you are required to freeze it before it can be eaten raw.

All fishery products placed on the market (e.g. sold) to be consumed raw or almost raw must be frozen to a temperature of more than -20°C in part or the entire product for not less than 24 hours.

Fishery products need not be subject to the freeze treatment if;

- a) They are marinated and or salted and the process is sufficient to destroy any nematode larvae present; or
- b) Epidemiological data is available indicating that the fishing grounds of origin do not present a health hazard with regard to the presence of parasites and the Competent Authority (the Food Standards Agency), so authorises. See the **Food Standards Agency website** for further information.

If you are purchasing pre-treated fishery products it must be accompanied by a document from the manufacturer stating the type of process that the fishery product has undergone.

Food Safety Management

Lightly cooked foods require specific attention and controls to ensure that the customer does not become ill as a result of eating these foods. If you intend to serve lightly cooked foods, you will be required to analyse the process carefully and put in specific measures. This analysis must be based on HACCP (Hazard Analysis Critical Control Point) Principles. This analysis will form part of your documented food safety management system. See Fact Sheet 6 Food Safety Management for more detailed information.

FOOD HYGIENE RATING

STEP	IMPROVE MY RATING	Done
1	I have analysed my menu for lightly cooked or high risk raw foods	
2	I have produced a food safety management system that is based on HACCP principles, which covers the foods I have identified as lightly cooked or high risk raw foods	

For more food safe factsheets visit www.runnymede.gov.uk