



## 1 Goal

To ensure that poultry (including liver) and dishes containing poultry are thoroughly cooked to the centre.

## 2 Why?

- To ensure that harmful microbes are killed.

## 3 How this is done



See also Checking temperatures.

- Poultry and poultry products are thoroughly defrosted before cooking (unless otherwise directed by the manufacturer's instructions)
- Oven is pre-heated before cooking starts.
- Poultry is cooked so that the centre of the thickest part reaches one of the temperature/time combinations below:

| Internal temperature | Time           |
|----------------------|----------------|
| 65°C                 | for 10 minutes |
| 70°C                 | for 2 minutes  |
| 75°C                 | instant        |

### Checking poultry is cooked

A temperature probe is used to check that the thickest part of the meat (usually the breast or the innermost part of the thigh) has reached 75°C or one of the time/temperature combinations above. This is done in one of the following ways:

- Each time the poultry item is cooked the temperature is measured or
- Each time a batch of the same poultry items is cooked, one item in the batch is temperature probed or
- When a standard cooking procedure is followed, one dish is temperature probed each week (see *Poultry time/cooking settings*).



*It's not necessary to temperature probe diced or thinly sliced poultry (such as those used in stir fries). This is because smaller pieces are more likely to cook through to the middle more easily and it's difficult to get a representative reading.*

When using a temperature probe follow the procedure *Checking temperatures*.



*Poultry is always cooked thoroughly and is never served medium or rare.*



## 4 What if there is a problem?

If poultry does not reach a high enough temperature, keep cooking until it does!

When poultry is being cooked using a standard time/temperature setting and is found not to have been cooked properly take action to find out why. Some questions to ask:

- Was the procedure followed correctly?
- Does the equipment (eg, oven) need repairing?
- Have the recipe ingredients changed (different cuts of meat)?

## 5 Write it down

Write down in the 'Checking poultry is cooked' procedure each of the poultry dishes that are served and select which option will be used to check that they are thoroughly cooked.

### Standard time/temperature setting

When a standard time/temperature setting is to be used, write down the checks that have been made to prove that the time/temperature setting will cook the food to 75°C (see *Poultry time/temperature settings record*).

For poultry items that are cooked using a standard time/temperature setting it is only necessary to check the temperature of the poultry in one dish each week. Write this down in the 'Once a week poultry temperature checks' record in the Diary.

### Poultry dishes with no standard time/temperature setting

For poultry dishes that aren't cooked using an established standard time/temperature setting, write down the temperature of each poultry item or one item from a batch in the 'Cooking poultry temperature' record (see 'Records' section). This must be done every time the item is cooked.

Write down in the Diary any action taken if food doesn't reach a safe temperature.