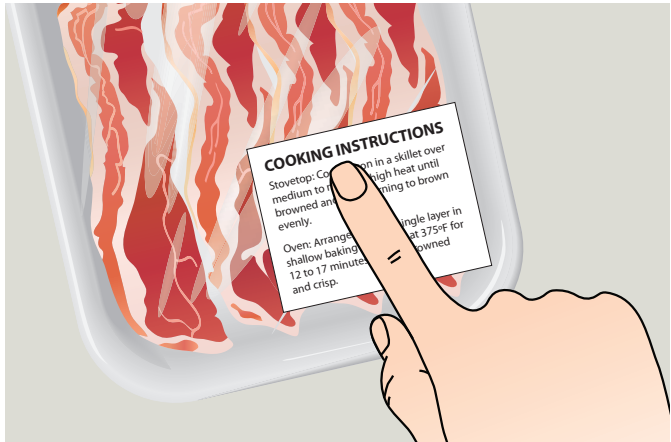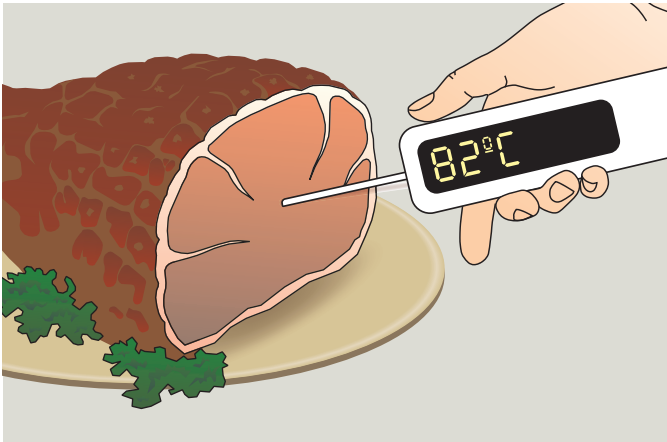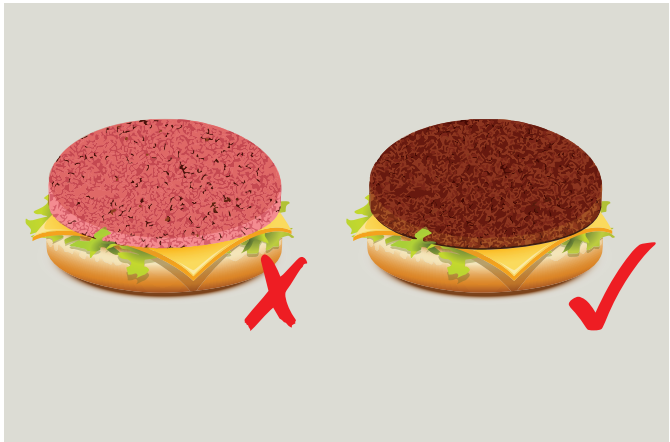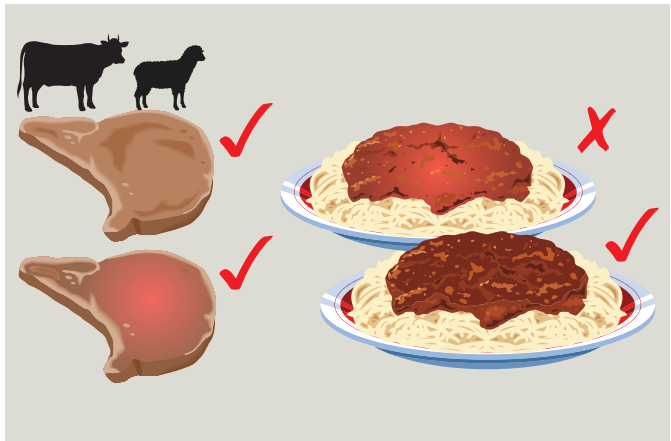# Cook

Jangro

Cooking Food Safely

1. Always follow recipes and cooking instructions precisely.

2. Use a clean thermometer to check foods are cooked properly. Refer to the safe time/temperature chart below.

3. Always ensure that items such as burgers, sausages and poultry are cooked right through.

4. Lamb and beef can be eaten rare (except minced). Ensure the outer surface is thoroughly cooked to kill any surface germs.
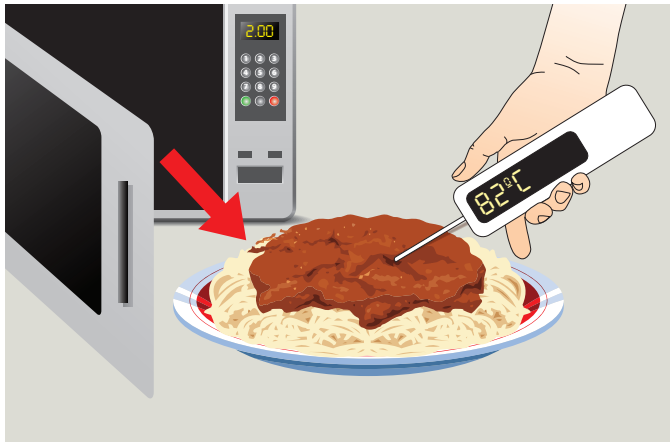

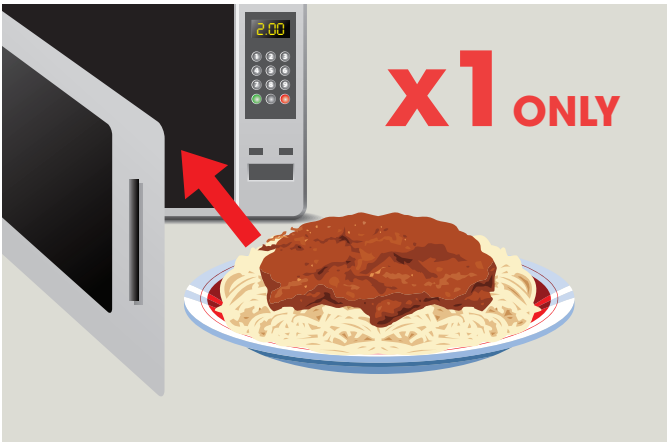5. If refrigerating after cooking, cool down food as quickly as possible.

6. Keep foods hot after cooking (over 63ºC) and out of the danger zone +5ºC to 63ºC.
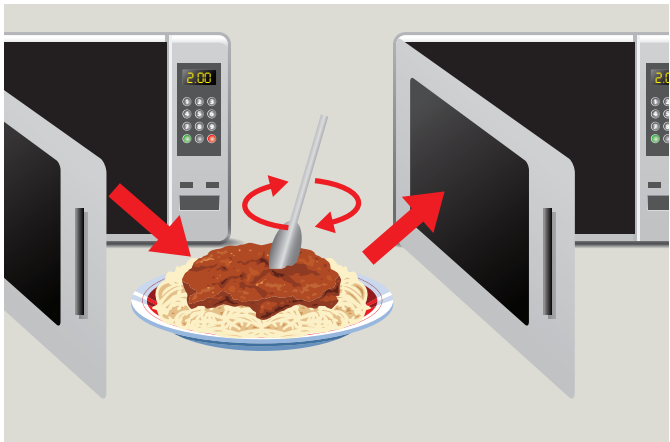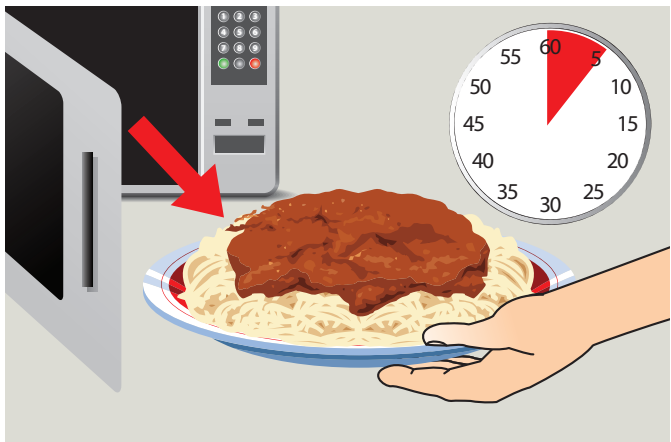
Reheating Food Safely

1. When reheating foods, ensure that it is reheated to the correct temperature. Refer to the safe time/temperature chart below.

2. Never reheat foods more than once.

3. When microwaving, stir food in the middle of heating.

4. Always keep to standing times as per instructions. This helps cook food completely.

How to check the temperature of a food

Use a clean probe. Insert the probe so that the tip is in the centre of the food (or thickest part).

Examples of safe time/temperature combinations include:

80°C for at least 6 seconds.

75°C for at least 30 seconds.

70°C for at least 2 minutes.

65°C for at least 10 minutes.

60°C for at least 45 minutes.