

Lightly Cooked Foods

Fact Sheet and Hygiene Rating Improver



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.

Therefore you should use pasteurised egg in any food that won't be cooked or only lightly cooked, for example home-made mayonnaise, Bearnaise and hollandaise sauces, some salad dressings, ice cream, icing, mouse, tiramisu and other desserts containing eggs.

Pasteurised egg will have been heated to kill any bacteria. Pasteurised egg can be bought frozen, or in liquid or powder form.

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.

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 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 with '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 mince, so any pink meat may still contain harmful bacteria, whether raw or in a burger that's cooked on the outside.

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 disinfected 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.

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 "Food Safety Management" for more detailed information.

FOOD HYGIENE RATING

Eating out? Getting food in? Check food.gov.uk/ratings

STEP	IMPROVE MY RATING	Done
1	I have analysed my menu for lightly cooked or high risk 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.	

Thanks given to Chiltern District Council for sharing the information on this fact sheet.