FILDES foodsafety

Are you cooking poultry & meat safely?

Businesses that are responsible for serving poultry and meat, such as beef and pork should ensure that safe practices are utilised throughout the cooking process.

High-Risk Foods

Some cuts of meat and poultry are at higher risk of growing harmful bacteria. These include:

- Raw and cooked poultry, including chicken and turkey, and foods containing them such as curries and lasagne.
- Minced meats including sausages.
- Ready to eat food consisting of meat or poultry, such as sandwiches and pizza.

Temperature Danger Zone

All poultry and meat should be stored outside of the temperature danger zone of 5ºC - 60ºC.

- Raw products should be stored in the refrigerator or freezer.
- Cooked products should be consumed immediately or cooled safely.
- Poultry or meat left in the danger zone for more than four hours should be thrown out immediately.

Cooking to Correct Temperatures

Most poultry and meat should reach an internal temperature of 75ºC when cooked. This temperature kills most bacteria that can cause food poisoning.

- There are exceptions to this temperature depending on the cut and type of meat such as whole cuts of meat or steak.
- The internal temperature of a cooked product can be measured with a food thermometer.
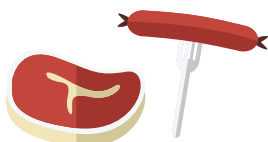
Reheating Food

Poultry or meat that is reheated using a stovetop, conventional oven or microwave should reach a safe temperature of 75ºC.

- Food should either be steaming or boiling to touch.
- For even reheating, it is best to cut food into evenly sized pieces and cover with a lid to trap steam.