Back-to-Basics
Cooking Poultry and hazardous food

Subject:	Details:
1. **Hazardous Food** 	A major cause of food borne illness in restaurants is time-temperature abuse of potentially hazardous food. This is when potentially hazardous food is at temperatures between 5C and 57C, which is the temperature danger zone, for four hours or longer. When food is in this temperature range for more than four hours, harmful bacteria can grow and multiply rapidly.
2. **Poultry** 	Poultry items are very sensitive in term of food borne illnesses since there is a high risk of Salmonella bacteria infections. Salmonella bacteria can survive for weeks outside a living body. Salmonella are not destroyed by freezing. Ultraviolet radiation and heat accelerate their demise; they perish after being heated to 55 °C for one hour, or to 60 °C for half an hour. To protect against Salmonella infection, it is recommended that food be heated for at least ten minutes at 75 °C so that the centre of the food reaches this temperature.
3. **How to check the temperature?** 	When cooking whole poultry, the food thermometer should be inserted into the thickest part of the thigh (avoiding the bone). If the poultry is stuffed, the center of the stuffing should be checked after the thigh reads 82C, stuffing must reach 74C. If cooking poultry parts, insert food thermometer into the thickest area, avoiding the bone. The food thermometer may be inserted sideways if necessary. When the food is irregularly shaped, the temperature should be checked in several places.
Result	How to prepare hazardous food to be safe for consumption
Task	Proper handling of hazardous food
Standards	Using a thermometer to check the core temperature

Training Notes:

Introduce

- Yourself, the task, what TM will learn and how testing is conducted

Demonstrate When To Start and Materials

- Getting prepared immediately when the duty starts
- Materials: Thermometer, cooking equipment- and utensils

Demonstrate Actions

- Use job rehearsal to demonstrate steps
- Explain why each step is performed in a certain way.
- Explain what team members should notice when doing each step and any safety precautions

Demonstrate the Result and Task Standards

- Tools and equipments should be clean before usage, thermometer has to be calibrated

Practice

- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard

Test for knowledge .

Q. What is the most dangerous bacteria found in poultry products?
A. Salmonella bacteria

Q. What should be the core (center) temperature of cooked poultry?
A. 82 C

Q. Salmonella bacteria die at what temperature?
A. 75 C

Follow-up

- Task performed to standard in actual job conditions; observed by manager of dept.
- Dept. Quiz completed to 100% accuracy