Cook food thoroughly

Some cooked dishes contain ingredients that may have harmful bacteria. Cooking foods thoroughly will help to destroy these bacteria. It is important to check that meat, chicken, fish or egg dishes are cooked thoroughly.

Ideally, this should be done using a probe thermometer, as detailed in a Food Safety Program.

Minced meat dishes

Cook all the way through until very hot (steaming) in the centre, with no pink in the centre
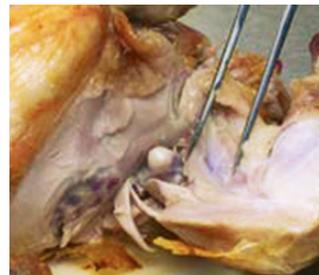
Examples: hamburger patties, spaghetti bolognaise, shepherd's pie, lasagna, sausages

Meat cuts

All outside surfaces are fully cooked; the centre may remain slightly pink

Examples: steak, lamb cutlets, lamb chops, roast beef

Chicken dishes

Cook all the way through until very hot (steaming) in the centre, with no pink in the centre. Juices in the thickest or largest piece (eg leg) should run clear

Examples: drumsticks, stir-fry pieces, roast chicken

Eggs and egg dishes

Cook eggs until white is firm and yolk begins to thicken
Cook egg dishes all the way through until they are firm or set in the middle

Examples: hard boiled or scrambled eggs, quiche

Fish dishes

Cook all the way through until the flakes separate easily with a fork

Examples: fish fingers, crumbed pieces, fillets

Liquid dishes

Boil or simmer until bubbling rapidly and steaming

Examples: soups, stews, casseroles, curries, sauces