



YOUR COMPREHENSIVE GUIDE TO POULTRY FOOD SAFETY

Welcome to your Comprehensive Guide to Poultry Food Safety! This handy guide, produced by the Poultry Industry Association of New Zealand, will tell you everything you need to know about food safety in poultry!

Four simple rules—Cook, Clean, Cover and Chill—will help you on your way to becoming a Food-Safe Kiwi!



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COOK



Always cook poultry well, never medium or rare. When poultry is cooked properly, all the juices from the poultry are clear, not pink, and the poultry reaches an internal temperature of at least 74°C (as measured from the thickest part of the breast or the innermost part of the thigh). The use of a meat thermometer is recommended.

To test whether the poultry is cooked without the use of a meat thermometer, skewer the thickest part of the thigh and observe the colour of the juices. Do not eat any poultry that is rare or has any pink juices.

It is a good idea to pre-cook bone-in poultry before barbecuing.

Once cooked, don't leave poultry out at room temperatures or leave in an unheated oven for more than one hour. Poultry should be kept hot (above 60°C) or cold (below 4°C). Place leftovers in the refrigerator after steam has evaporated (no longer than one and a half hours). To cool large quantities, divide into smaller portions and refrigerate.

Re-heat leftovers to at least 70°C for a minimum of two minutes, and do not reheat more than once. If re-heating in the microwave, turn or stir the chicken regularly to ensure the re-heating is even. Cover dishes to retain as much moisture as possible and to assist in re-heating the food all the way through. Do not re-heat poultry more than once.

COOKING GUIDELINES FOR POULTRY

Note: these times should be used as a guide only, and relate to fresh or defrosted chicken.

Always pre-heat your oven or frying pan.

Roasting: whole birds (stuffed) require 55 minutes/kg + 20 minutes extra at 180°C. If the oven is on fan-bake, whole birds require 40 minutes/kg + 20 minutes extra at 180°C.



Pan Frying: best if coated, to seal in juices. Bone-in portions require approximately 20-40 minutes; boneless portions approximately 10 minutes (depending on size).

Deep Frying: usually coated. Bone-in portions require approximately 15-20 minutes at 190°C.

Baking: bone-in portions require approximately 50-60 minutes at 180°C.

Grilling: Bone-in portions require 15-30 minutes, boneless portions threaded onto skewers require approximately 15 minutes.

Casserole: (with vegetables, wine, stock and seasonings) - bone-in portions require 1.5 hours at 180°C.

Steaming: whole birds and bone-in portions will require approximately 30 minutes per 500g of chicken.

Hangi: as recommended above, the poultry should be cooked until all the juices are clear, not pink, and the poultry reaches an internal temperature of at least 74°C (as measured from the thickest part of the breast or the innermost part of the thigh). Further guidelines to food safety when cooking a hangi can be found on the NZFSA's website at <http://www.nzfsa.govt.nz/consumers/food-safety-topics/foodborne-illnesses/hangi-guide/hangi-guide.pdf>.

BBQ: poultry cooks best over hot coals, not flames.

- ⇒ To ensure poultry is properly cooked, it is recommended to pre-cook bone-in portions such as drums, nibbles and thighs in a microwave first, before finishing the cooking on the barbeque. Pre-cooking also helps prevent charring of bone-in portions.



- ⇒ Make sure that the poultry is kept chilled after pre-cooking until you are ready to cook it on the barbeque.
- ⇒ Test large cuts by skewering the flesh in the deepest part. If it's cooked, the juices will run clear, not pink, and the poultry will feel firm and springy to the touch. If you have a meat thermometer, measure the temperature in the thickest part of the meat, where it should have reached 74°C. If you do not have a meat thermometer and are not sure if the poultry is cooked properly, it is recommended to complete the cooking in the microwave.
- ⇒ Boneless portions are best cubed and threaded onto skewers.
- ⇒ Cooking time is dependent on size of portion and temperature of fire.

Microwave:

- ⇒ Whole birds (without stuffing) require 15 minutes/500g on medium-high plus 5 minutes standing time. Whole, stuffed poultry should be cooked in accordance with the packaging instructions.
- ⇒ Bone-in portions need 8-10 minutes/500g on medium-high plus 5 minutes standing time.
- ⇒ Turkeys and ducks require 10-15 minutes/500g on medium high.
- ⇒ Times will be dependent on individual microwave power. The higher the wattage of a microwave oven, the faster it will cook food. If you don't know the wattage of your microwave oven, try looking on the inside of the oven's door, on the serial number plate on the back of the oven, or in the owner's manual:



- * A very high wattage oven = 1000 watts or more.
- * A high wattage oven = 800 watts or more.
- * An average wattage oven = 650-700 watts or more.
- * A slow oven = 300-500 watts.

- ⇒ The above cooking times are for a 1000 watt microwave. Use the above cooking times if your microwave is of a similar wattage; for less powerful ovens, more time may be needed.





CLEAN



When buying chicken at the supermarket, check packaging for tears – if it is opened or damaged, ask the store for a replacement. Ensure poultry is well covered and stored in the bottom of the fridge (to ensure its juices do not drip onto other meats and ready-to-eat foods) as soon as possible after purchase.

Contrary to rumours, it is not a good idea to wash your chicken before cooking it. When washing the bird, water can easily be sprayed around the kitchen, unwittingly causing cross-contamination of surfaces up to two metres away.

It is important to remember that cross-contamination can be a major cause of food-borne illnesses. Food-borne bacteria can be transferred into your mouth from contaminated fingers to glasses, beer cans, and bottles when you remove twist-off tops and tear tabs. Therefore, always wash hands in hot



soapy water and dry thoroughly:

- o before handling food
- o after handling raw meat and poultry
- o after going to the toilet

- o after changing nappies
- o after handling pets
- o after gardening

When washing hands, use the 20+20 rule (wash for 20 seconds, dry for 20 seconds).

Wash knives, utensils, and chopping boards in hot soapy water and dry between preparation of foods.

Meat and poultry juice spills are best cleaned up with disposable paper towels, not dish cloths, hand towels or tea towels. Hand towels and tea towels should be changed daily.

Ensure that plates which carry raw poultry are not then used to carry cooked poultry. There should be separate plates used for each. For example, do not put cooked poultry onto a dish or a surface that has had raw poultry on it. Also, make sure you use separate utensils for raw and cooked poultry – for example, put the chicken onto the barbecue with tongs, then use a clean spatula to turn it over.

Keep your fridge clean, as bacteria can survive in the fridge for some time.



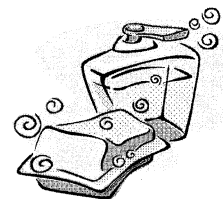
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PREVENTING CROSS-CONTAMINATION

Microwave ovens provide an effective means of sterilizing wooden chopping boards (3-4 minutes, 800W) and dish cloths (wrap cloth in paper towel and microwave until steaming, usually from 30-60 seconds). Make sure you rinse cloths and chopping boards under the tap to remove surface dirt before microwaving.

Cleaning chopping boards and dish cloths in a dishwasher is also an effective method of eliminating harmful bacteria.

Boards and benches can be wiped with a dilute solution of bleach (1 teaspoon bleach in 2 litres water) or branded disinfecting spray following cleaning to ensure harmful bacteria are destroyed. Dish cloths can be sanitised by soaking in shallow water overnight, with 5-10 drops of ordinary household bleach, or for the traditionalists, a good launder and a day's exposure to the wind and the sun's UV will suffice.





COVER



Cover all foods before storing, either inside or outside the fridge.

Keep raw meat and poultry covered and away from ready-to-eat cooked products, fruit and vegetables.

Store raw meats and poultry in the bottom of the fridge (to ensure juices don't drip onto other foods).

Always wrap uncooked poultry before you put it in the fridge.

Cover cooked poultry leftovers immediately after they have finished steaming and put them in the refrigerator. Make sure poultry leftovers are not in contact with any other foods, meat or meat juices. Always store cooked poultry in a covered container at the top of the fridge, above raw poultry.



CHILL



A chilly-bin is a good way of keeping chilled and frozen products cold when taking them home from the supermarket, especially in the summer. Do not leave poultry sitting in the car for hours before refrigerating. Likewise, put a frozen chilly pad with your picnic foods to keep food cold.

Ensure poultry is stored in a fridge operating at a temperature between 2°C and 4°C. Always cook poultry before the

Use By date, or freeze it on the day of purchase.

Frozen poultry should be stored at a temperature of minus 18°C or colder.

Always thaw poultry in the fridge or microwave; never on the kitchen bench at room temperature. Allow 24 hours for thorough thawing.

Bacteria that cause food-borne illnesses thrive at room temperature - keep food either very cold or very hot.

If you are barbecuing, keep poultry in the fridge or a chilly bin until just before it is cooked.



THE FOODSAFE PARTNERSHIP

The New Zealand Foodsafe Partnership was set up in 1998 to promote consistent and appropriate food safety messages to New Zealand consumers. PIANZ is a proud member of the Foodsafe Partnership, and has been involved in Partnership activities since its conception.

The Partnership is comprised of representatives from the food industry, consumer groups, public health

groups, the Ministry of Health and the New Zealand Food Safety Authority.

For more information on the Foodsafe Partnership or on food safety in general, visit <http://www.foodsafe.org.nz/>. You can also refer to the PIANZ website for more copies of this brochure, at <http://www.pianz.org.nz/>.

