

Kitchen Hygiene

Body & health

The four rules that prevent most domestic food poisoning.

The standard four: clean, separate, cook, chill.

Clean

1

Hands, surfaces and boards before and after handling raw food.

Separate

2

Different boards for raw meat. Store raw meat on the bottom fridge shelf.

Cook

3

To a safe internal temperature, checked with a probe rather than by colour.

Chill

4

Fridge at 0–5°C. Leftovers cooled and refrigerated within two hours.

COMMON MISTAKES

Washing raw chicken — it splashes bacteria around

Reusing a marinade as a sauce

Cooling a large pot slowly in one piece

Do not wash raw poultry. It does not reduce bacteria and it spreads them up to half a metre.