



預製菜的食物安全建議

業界諮詢論壇

Food Safety Advice for Prepared Dishes
Trade Consultation Forum
2025.9.19





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什麼是預製菜

What are prepared dishes

預製菜

- 一般是指由一種或多種食物配料製作，並經加工(如分切、混合、醃泡、搓揉、調味等)及/或配製（如煎炸、燒烤、水煮、蒸煮等）後，製備成製成或半製成菜式的食物。
- 雖然“預製菜”一詞相對較新，但其概念則不然。由溏心蛋到辣味小龍蝦等多種可歸類為預製菜的常見食物，均早已在市面上有售。
- 為確保食物安全及品質，預製菜應按照產品標籤上指定的條件進行貯存、運輸及銷售。

Prepared dishes

- Generally refer to foods made from one or more food ingredients. These products are subjected to processing methods (e.g., cutting, mixing, marinating, kneading, seasoning, etc.) and/or cooking techniques (e.g., frying, roasting, boiling, steaming, etc.), are subsequently prepared as either **finished** or **semi-finished** dishes.
- While the term “prepared dishes” is relatively new, the concept is not. Many familiar food products, from soft-centred eggs to spicy crayfish, can be classified as prepared dishes and have long been available in the market.
- To ensure food safety and quality, prepared dishes should be stored, transported, and sold under conditions specified on the product label.

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預製菜常見的食物 安全問題

Common food safety problems
related to prepared dishes





烹煮及翻熱不足

Inadequate cooking
or reheating



配製時受污染

Contamination during
preparation



在運輸及貯存過程中 溫度與時間控制不當

Improper temperature and
time control during
transportation and storage

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製作預製菜的 食物安全措施

Food safety measures for the
preparation of prepared dishes



採購及接收

- 從合法及可靠的供應商採購食物和食物配料。
- 收貨時，應立即檢查食材以確保：
 - ✓ 冷藏食物於攝氏零下18度或以下
 - ✓ 冷凍食物於攝氏4度或以下
 - ✓ 無異味、變色、污染跡像或包裝損壞等問題
 - ✓ 預先包裝食物仍處於食用期限內

Purchasing and receiving ingredients

- Obtain food ingredients from approved and reliable suppliers.
- Upon receipt, check ingredients promptly to ensure that:
 - ✓ frozen items are stored at -18°C or below
 - ✓ chilled items are stored at 4°C or below
 - ✓ there is no bad odour, discolouration, or signs of contamination or damage to the packaging
 - ✓ the expiry dates of prepackaged ingredients are still valid

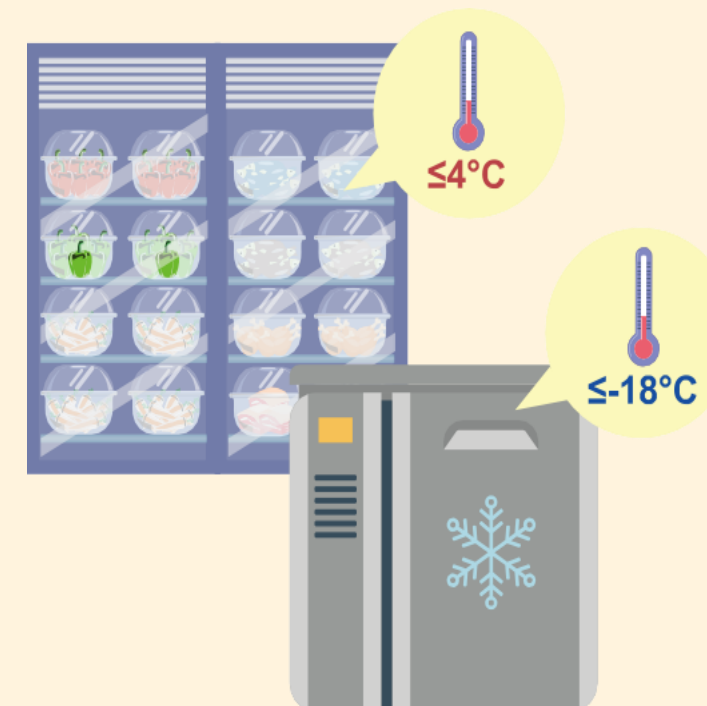


貯存及溫度控制

- 容易腐壞的食物應盡快冷存，並確保冷凍櫃溫度維持於攝氏4度或以下，冷藏櫃則保持於攝氏零下18度或以下。
- 食物應加蓋貯存，並確保貯存區保持清潔。
- 在情況許可下，應使用不同雪櫃分開貯存生的食物和熟食，否則應把熟食存放在雪櫃上層，生的食物存放在下層。
- 避免把雪櫃裝得太滿，並按「先入先出」的原則貯存食物。

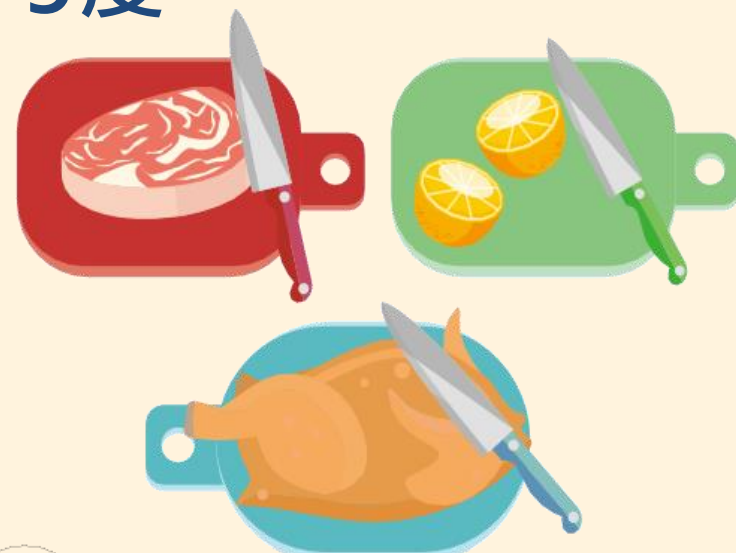
Storage and temperature control

- Refrigerate perishable foods promptly. Keep chillers at or below 4°C and freezers at or below -18°C.
- Cover foods and ensure storage areas are clean.
- Store raw and cooked foods separately: ideally in two refrigerators; if not, place cooked foods on the upper shelf and raw foods on the lower shelf.
- Avoid overloading the refrigerator and adhere to the "first-in, first-out (FIFO)" stock rotation principle.



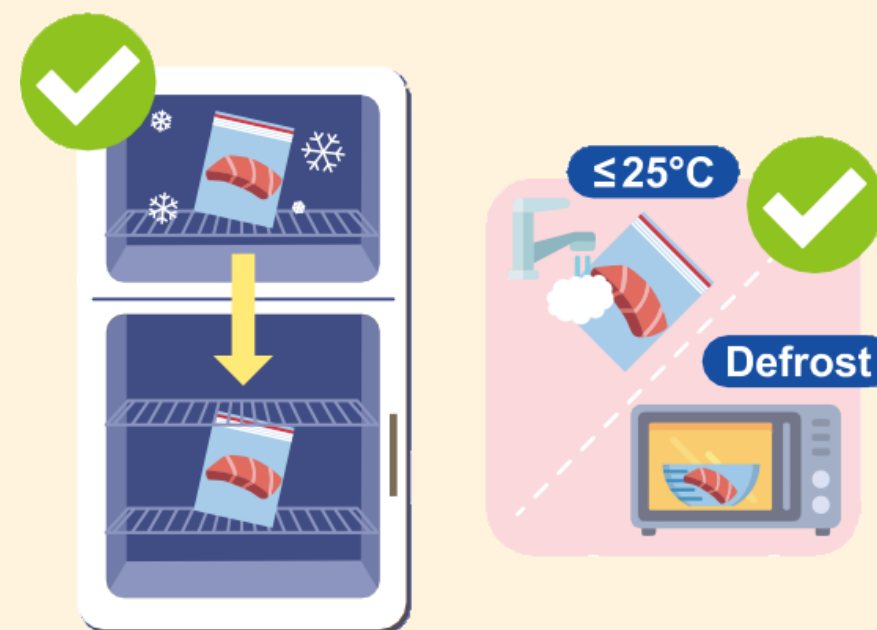
配製

- 預先計劃配製流程，並分批烹煮預製菜，以在烹煮及冷卻過程中保持適當的溫度和時間控制。
- 使用指定的用具處理生食及熟食，以避免交叉污染。
- 除非食物在雪櫃內解凍，否則切勿重新冷藏已解凍食物。使用微波爐或清涼流動水中解凍的食物必須於解凍後立即烹煮。
- 徹底煮熟食物，並使用食物溫度計檢查食物中心溫度達到至少攝氏75度。



Preparation

- Plan preparation schedules and cook prepared dishes in manageable batches to maintain proper temperature and time control during cooking and cooling.
- Use designated utensils for raw and cooked foods to prevent cross-contamination.
- Do not refreeze defrosted foods unless defrosted in the refrigerator. Food defrosted in a microwave oven or under running cold tap water should be cooked immediately after defrosting.
- Cook food thoroughly and use a food thermometer to check that the core temperature reaches at least 75°C.

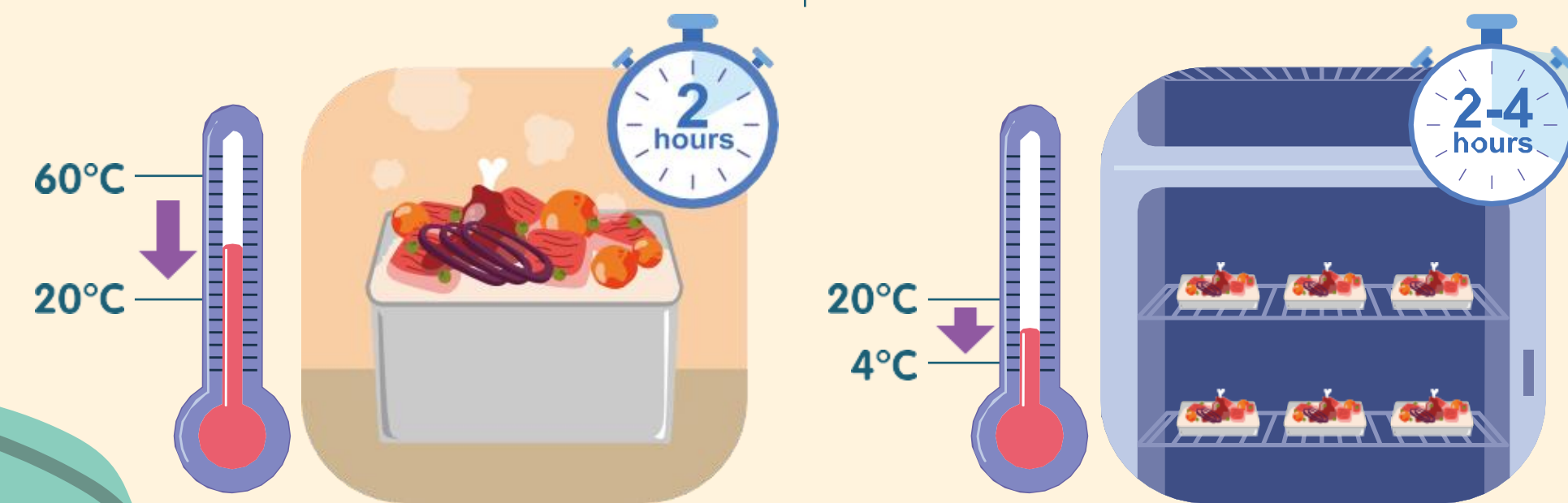


冷卻

- 需包裝為預製菜的熟食應使用安全的冷卻方法迅速降溫，以縮短其處於危險溫度的時間，從而減低細菌滋生的風險。

二段冷卻法

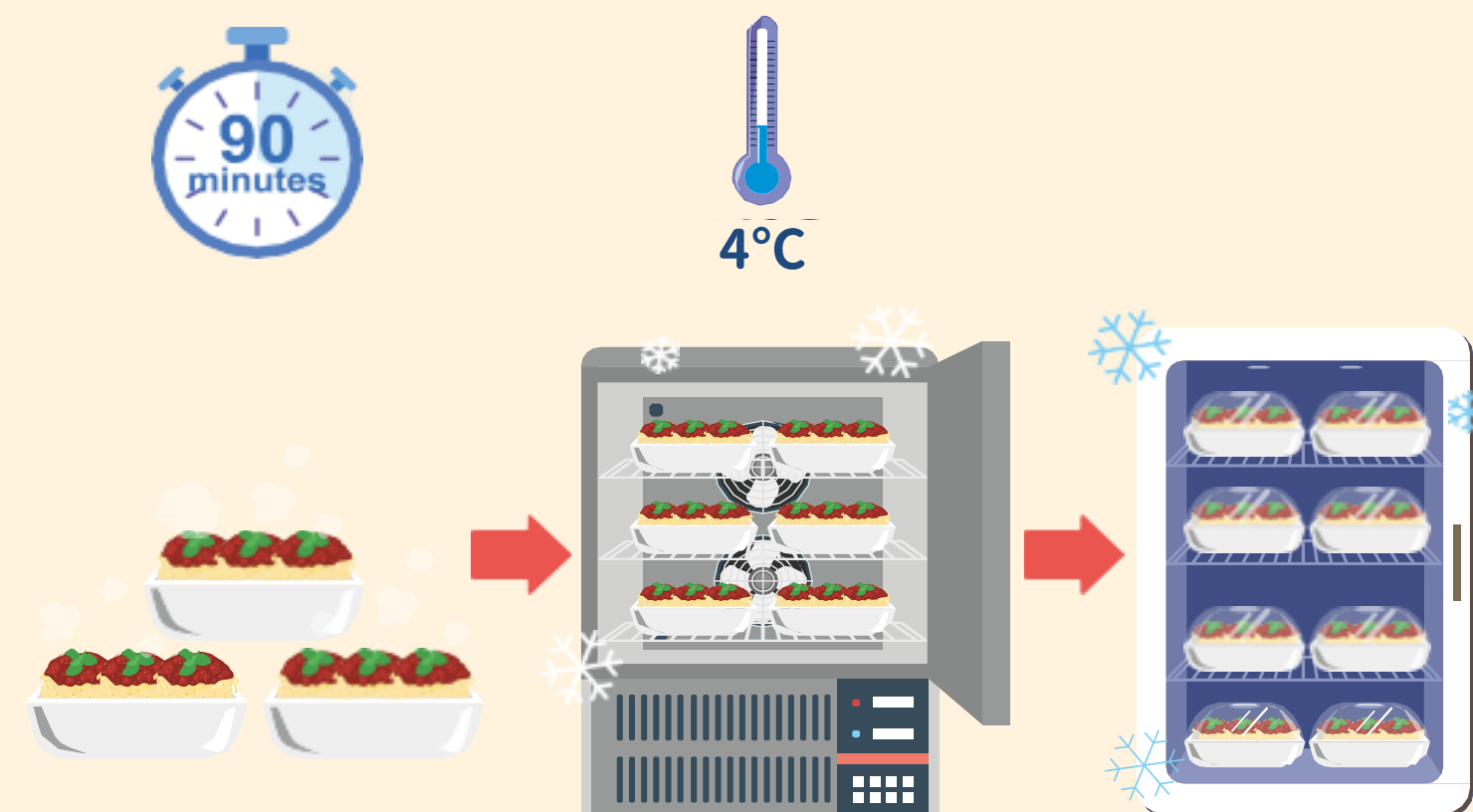
Two-stage cooling method



Cooling

- Cooked food intended to be packaged into prepared dishes should be properly cooled down using **safe chilling methods** to reduce the time that it is exposed to dangerous temperatures and reduce the risk of bacterial growth.

急速冷卻法 Blast chilling



包裝及食物標籤

- 使用適合食物而安全的包裝材料，以確保食物安全。
- 預製菜如包裝成**預先包裝食物**，須按照香港法例第132W章《食物及藥物（成分組合及標籤）規例》加上標記或標籤，並必須清楚標明以下資訊：
 1. 食物名稱;
 2. 配料表(包括配料、食物致敏物及添加劑);
 3. 保質期的說明;
 4. 特別貯存方式或使用指示;
 5. 數量、重量或體積;
 6. 製造商或包裝商的姓名或名稱及地址; 以及
 7. 營養標籤

Packaging and food labelling

- Use packaging materials suitable for the food durable enough to withstand processing, storage and transportation, and safe to avoid compromising food safety.
- Prepared dishes that are packaged as **prepackaged food**, shall be marked and labelled the following information in accordance with Cap. 132W Food and Drugs (Composition and Labelling) Regulations:
 1. Name of the food or designation;
 2. List of ingredients, including ingredients, allergenic substances, and additives;
 3. Indication of durability;
 4. Statement of special conditions for storage or instructions for use;
 5. Count, weight or volume of food;
 6. Name and address of manufacturer or packer; and
 7. Nutrition Label

貯存及運輸

- 預製菜應貯存於適當溫度：
 - ✓ 冷凍食物於攝氏4度或以下
 - ✓ 冷藏食物於攝氏零下18度或以下
- 運送食物車輛的貯存格應：
 - ✓ 保持良好狀況；
 - ✓ 能將食物保持於適當溫度；及
 - ✓ 配備溫度計，以驗證溫度控制。

Storage and Transportation

- Keep prepared dishes at proper temperatures:
 - ✓ chilled state at 4°C or below
 - ✓ frozen state at -18°C or below
- The storage compartments of the vehicles used for transporting prepared dishes should be:
 - ✓ maintained in good condition;
 - ✓ capable of keeping food at the proper temperature; and
 - ✓ equipped with thermometers to validate temperature control.



個人及環境衛生

- 適當的工作服能減低準備過程中食物受到污染的風險。
- 在處理食物前、如廁後或觸摸不潔物品後（例如清理垃圾或觸摸金錢後），要徹底清洗雙手，用梘液搓手最少20秒。
- 洗手及乾手設施應設於食物配製或製作區的適當位置，並備有梘液。
- 定期清潔、消毒及維修保養食物配製區，以確保良好衛生狀況。
- 保持冷存設施狀況良好，以確保溫度控制設施運作正常。



Personal and environmental hygiene

- Proper work attire can reduce risk of food contamination during preparation.
- Wash hands thoroughly before handling food, after using the toilet or after touching unclean items (e.g. after handling garbage or cash). Rub hands with liquid soap for **at least 20 seconds**.
- Hand washing and drying facilities should be suitably located in food preparation or production areas and supplied with liquid hand soap.
- Regular clean, sanitise and repair defects in food preparation areas to ensure good hygiene.
- Keep refrigeration facilities in good condition. Make sure temperature controls are functioning properly.

總結

- ✓ 從合法及可靠的來源購入原材料。
- ✓ 在生產預製菜的過程中，嚴格遵從良好衛生規範，並保持良好個人及環境衛生。
- ✓ 確保整個貯存和運輸過程中維持良好的冷鏈管理。
- ✓ 包裝上應詳細列明處理食物的指示如貯存環境、烹煮時間、烹煮溫度和烹煮方法，讓消費者能正確跟隨。
- ✓ 妥善保存交易記錄，以便在有需要時追溯源頭。

Summary

- ✓ Obtain raw materials from approved and reliable sources.
- ✓ Strictly adhere to Good Hygienic Practices (GHPs), and maintain good personal and environmental hygiene in the production of prepared dishes.
- ✓ Ensure that the cold chain is well maintained during the whole storage and transportation process of prepared dishes as necessary.
- ✓ Detailed instructions for handling the products, such as storage conditions, cooking time, cooking temperature and cooking methods, should be indicated on the packaging so that consumers can follow correctly.
- ✓ Maintain proper trade records to facilitate source tracing when necessary.

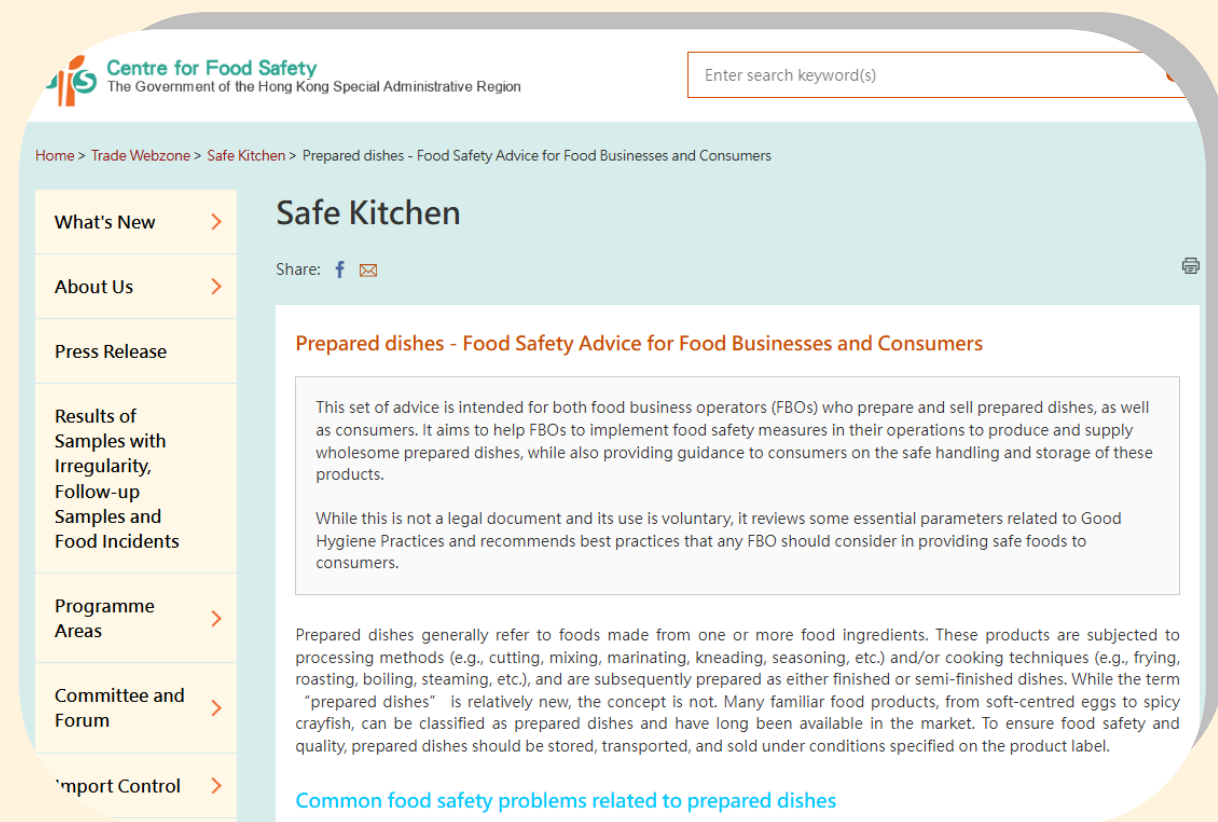
更多資訊

- 如欲了解更多資訊，可參閱食物安全中心的文件(網頁版) [《預製菜 - 給食物業及消費者的食物安全建議》](#)



For more information

- For details, please refer to the CFS's document (Web version) ["Prepared dishes - Food Safety Advice for Food Businesses and Consumers"](#)



謝謝
Thank You

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