烹煮
- 每次烹煮乾淨的水煮雞
- 水煮雞肉部分的中心溫度至少達到75度
- 備好清洗水煮雞時，肉汁清澈，不應該呈紅色，亦不應見血。

冷卻
- 在冰箱內把水煮雞的溫度由攝氏60度降至攝氏20度
- 以適合飲用的水來冷卻水煮雞。

貯存
- 避免水煮雞長時間於室溫貯存。　
- 放置於室寒冷的環境下，冷藏箱內貯存4小時內食用。
- 然緊閉置於室內超過4小時的水煮雞應棄掉。

從食物業處所購買水煮雞

購買
- 光亮可口的切塊食材業處所。
- 應確保有關食物貯存所遵守以下守則：
  1. 食物業處所務員是否：
     - 保持良好個人衛生，包括工作時不吸菸和不食指標其工作區域。
     - 使用不同的用具，砧板，刀或筷子分開處理生熟食物。
  2. 應該業處所內有適當的防護和處理食物。
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  4. 應該業處所的活動方法是否正確。
     - 水煮雞在防護和隔離的條件下貯存。
  5. 食物業處所務員有關食物貯存於室內貯存4小時的時間，水煮雞在適當貯存於室內貯存的時間不得超過4小時。

處理水煮雞

食用
- 供於烹煮食用和量達於烹煮用途。
一般衛生守則
- 使用不潔的用具處理生的食物和即食物煮成的熟食物。
- 切開水煮雞的砧板和刀具，使用前後必定徹底清洗。
- 購買食物期後，用冰和冰紙包裹冷藏多手20秒。
Poached chicken is a popular dish in Hong Kong as well as Chinese restaurants all over the world. It is prepared by immersing the raw chicken into hot water until it is cooked. The traditional processing practices of poached chicken make it generally susceptible to microbial growth and post-cooking contamination.

In order to ensure food safety, it is important to implement food safety measures in the preparation and handling of poached chicken.

Prepare poached chicken at home

**Purchase and storage of raw chicken**

- Obtain raw chicken from hygienic and reliable shops.
- Keep raw chicken at 4°C or below if it is not used immediately and separate it from ready-to-eat food. Raw chicken should be covered and placed in the lower compartment of the refrigerator. Ready-to-eat food should also be covered and placed in the upper compartment of the refrigerator.

**Preparation**

- Plan the production schedule ahead to avoid prolonged storage of poached chicken at room temperature.

Poaching

- **Cook thoroughly**—
  - The centre of the thickest part of the poached chicken should reach at least 75°C.
  - Ensure that the juices are clear and not red in colour; blood is not visible when cutting the poached chicken.

Cooling

- **Cool poached chicken from 60°C to 20°C within 2 hours or less.
- Use potable water to cool poached chicken.

Storage

- Avoid prolonged storage of poached chicken at room temperature.
- If the poached chicken is held at room temperature for less than 2 hours, it should be refrigerated for final use later or used before the 4-hour limit is up.
- If the poached chicken has been held at room temperature for more than 2 hours but less than 4 hours, it should be used before the 4-hour limit is up but it cannot be returned to the refrigerator.
- If the poached chicken has been held at room temperature for more than 4 hours, it should be discarded.

Obtain poached chicken from food premises

**Purchase**

- Patronise licensed and reliable food premises.
- Ensure the observance of the following practices at food premises:
  1. See if the food handlers are of good personal hygiene including refraining from smoking and eating and cover wounds.
  2. Use different utensils, cutting boards, knives or dishes for raw and cooked food.
  3. See if different staffs are responsible for handling cash and food.
  4. See if foods are handled properly.
    - Poached chicken is kept in an insect- and dust-proof showcase for display.
    - Ask the food handlers about how long the poached chicken has been stored at room temperature. The sum of the time to store poached chicken at room temperature before consumption should not more than 4 hours.

Handle poached chicken

**Serve**

- Consume poached chicken as soon as possible and try to eat it up in a meal.

General hygiene practices

- Use separate utensils to handle raw food and ready-to-eat food such as poached chicken.
- Wash and sanitise cutting boards and knives thoroughly before and after chopping poached chicken.
- Wash hands thoroughly with warm soapy water for 20 seconds before and after handling foods.
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