



A Guide to Consumer

Guidelines for
Safe Preparation and Handling
of Poached Chicken



食物安全中心
Centre for Food Safety

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.
 - ✓ use different utensils, cutting boards, knives or dishes for raw and cooked food.
 2. See if different staffs are responsible for handling cash and food.
 3. See if the food premises are free from flies, cockroaches and other pests.
 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.

