

# 盆菜

## POON CHOI

給食物業的製作食物衛生指引  
Hygiene Guidelines to Food Manufacturers  
for Food Preparation



# 引言

## Introduction



近年甚受香港市民歡迎的盆菜，是一種極具本地特色的佳肴，不少食肆都會售賣盆菜來吸引顧客。

盆菜的材料種類很多，製作工序繁複，需時較長，所以引致食物安全問題的風險亦較高。食物從業員在製作盆菜時，應留意各種危險因素，加以預防，以保障市民健康。

*Poon Choi*, a traditional local speciality, is gaining popularity among Hong Kong people in recent years. Many food premises are now supplying *poon Choi* in response to the keen demand.

As *poon Choi* contains numerous ingredients and needs complicated preparation steps, the risk of food safety problems is also higher. Therefore, food handlers should pay particular attention to the various risk factors when preparing *poon Choi* to ensure food safety.





# 製作盆菜常見的 食物安全問題

Common food safety problems related to *poon choi*



短時間內準備太多食物，設備及人手不足

Many types of food have to be prepared in a short period of time with underequipped facilities and insufficient manpower



未有徹底煮熟食物，特別是海產和家禽

Foods, especially seafood and poultry, are not thoroughly cooked



過早烹煮食物，增加熟食受交叉污染的風險

Foods cooked too far in advance are prone to higher risk of cross-contamination



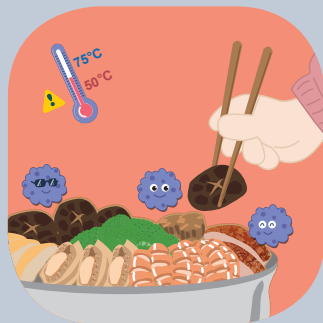
生熟食材交叉污染，或熟食材料經烹煮後仍需人手多番接觸，易受污染

There is a potential risk of cross-contamination between raw and cooked foods, and some foods that need post-cooking handling are more susceptible to contamination



保溫設施不足，未能把已煮熟的材料保持在攝氏 60 度以上

Insufficient hot-holding equipment to keep *poon choi* or the cooked ingredients above 60°C



進食前未有徹底翻熱盆菜

Inadequate reheating before consumption

# 小心計劃製作程序

Plan carefully in advance

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- 在計劃製作盆菜時，應小心安排所需的人手、空間、材料和用具數量，特別是必須要有足夠的爐具、冷凍櫃和熱存器材等。
- 不應接受超越能力負荷的訂單。
- 仔細預算製作盆菜所需的時間，避免過早烹煮食物，特別是一些易變壞或易受污染的食物。
- 如聘用替工，亦須為他們提供食安培訓，並儘早讓他們熟習工作環境。
- Ensure that adequate manpower, space, ingredients and facilities such as stoves, refrigerators and hot-holding equipment are available.
- Do not entertain orders beyond handling capacity.
- Carefully plan the preparation schedule so that foods that are perishable or easily contaminated are not cooked too far in advance.
- Train temporary workers properly if any, and make them familiarise with the working environment as soon as possible.



良好衛生規範小貼士  
Tips for Good Hygiene Practices

## 溫故知新：定期培訓員工

Regular training: the key to food safety

在盆菜訂單高峰前期，食肆應為全職、兼職及臨時員工提供培訓，讓他們充份掌握食物安全的基本知識，以及熟悉製作盆菜的流程。食安中心的《安樂查飯》小冊子為食肆新舊員工提供圖文並茂的食安培訓資源，詳情可瀏覽 [cfs.gov.hk/safekitchen](http://cfs.gov.hk/safekitchen)

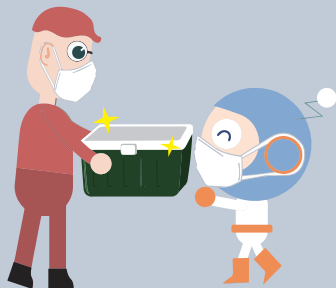
Before the peak seasons for *poon choi*, food business operators should train full-time, part-time and temporary food workers to familiarise them with basic knowledge of food safety as well as the process of making *poon choi*. The Safe Kitchen booklet of the Centre for Food Safety (CFS) provides informative training resources for new or experienced food handlers. For details, please visit [cfs.gov.hk/safekitchen](http://cfs.gov.hk/safekitchen)

# 採購及檢收原料

Purchasing and receiving ingredients

2

- 向可靠的供應商採購食物原料。
- 收貨時，要檢查來貨的質量，例如包裝是否完整和溫度是否合適等。
- Purchase food ingredients from reliable suppliers.
- Check the food quality on receipt to ensure the foods are in good conditions, such as proper packaging, appropriate temperature, etc.



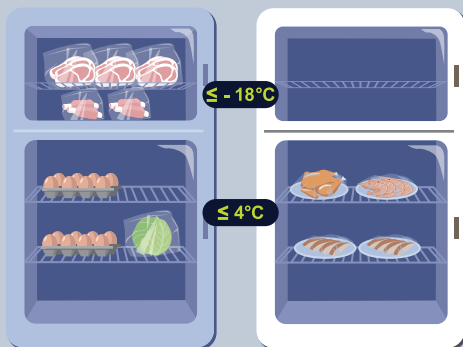


# 3

## 貯存設施及溫度控制

### Storage facilities and temperature control

- 採用「先入先出」的方法存取食物。
- 食物要蓋好，貯存食物的地方要保持清潔。
- 要有足夠的雪櫃貯存生和已煮熟的材料。冷凍櫃要保持攝氏 4 度或以下；冷藏櫃要保持攝氏零下 18 度或以下。
- 生、熟食物應貯存在不同的雪櫃內；如貯存在同一雪櫃內，熟的食物應放在上層，而生的食物應放在低於熟食的位置，避免交叉污染。
- Stick to “first-in-first-out” principle for food storage.
- Cover foods properly and keep food storage areas clean.
- Ensure adequate refrigerating facilities for storage of cooked and raw foods. Keep chillers at 4°C or below and freezers at -18°C or below.
- Keep raw and cooked food in separate refrigerators to prevent cross contamination. Alternatively, keep cooked foods above the raw ones.



生的食材  
Raw foods

熟的食材  
Cooked foods



## 良好衛生規範小貼士

Tips for Good Hygiene Practices

### 保持良好的個人衛生

#### Maintain good personal hygiene

處理食物前、如廁後、觸摸面部或不潔物品後（例如清理垃圾），要徹底清潔雙手，用梘液搓手最少 20 秒。

Before handling foods, after using toilets and after touching face or unclean materials (e.g. after disposing of rubbish), wash hands thoroughly. Rub hands with liquid soap for at least 20 seconds.

如要戴上即棄手套處理即食食物，在戴上手套前及除下手套後，應妥為清洗雙手。手套應經常更換，例如在轉換工作崗位及工序時，或當手套弄污時，並不應重用。

When wearing disposable gloves in handling ready-to-eat food, one should wash hands properly before wearing and after removing gloves. Gloves should be changed frequently, e.g. between different jobs and processes or when they are soiled, and should not be reused.

有腸胃炎或感冒等傳染病的員工不可處理食物。

Staff with contagious diseases like gastroenteritis or influenza should not handle foods.

# 預備

## Preparation

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- 處理食物前要先洗手（參看第 4 頁）
- 所有接觸食物的器具，在使用前都應徹底清潔和消毒。
- 解凍冷藏食物時，應把食物放在攝氏 4 度或以下的冷凍櫃內，或放於清涼及流動的自來水中。
- 使用不同器具分開處理生的食物及熟食。
- Wash hands before handling food (see Page 4)
- Clean and sanitise all food contacting surfaces thoroughly before use.
- Defrost frozen foods in chillers (4°C or below) or under cool running water.
- Use different utensils to handle raw food and cooked food separately.

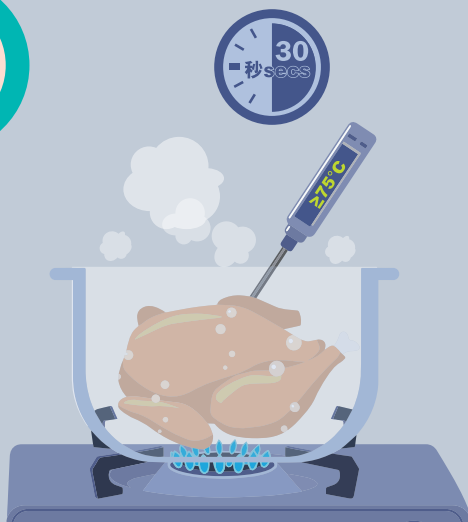


# 烹煮

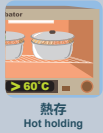
## Cooking

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- 食物（尤其是海產和白切雞等高風險食物）必須徹底煮熟，直至中心溫度達攝氏 75 度或以上至少 30 秒。
- 已煮熟的食物須熱存在攝氏 60 度以上。
- 蓋好食物，以免受交叉污染。
- 避免過早烹煮食物。
- Cook foods (especially high-risk foods like seafood or poached chicken) thoroughly until their core temperature reaches 75°C or above at least 30 seconds.
- Keep cooked foods above 60°C.
- Cover foods properly to prevent cross contamination.
- Avoid preparing *poon choi* and its ingredients too far in advance.



## 6

儲存  
Holding

≤ 2 小時  
hours

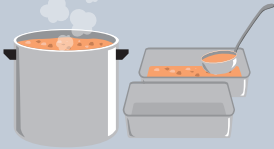


≤ 2 小時  
hours



- 在顧客提取盆菜前，**熱的盆菜**應保持在**攝氏 60 度以上**，**冷凍的盆菜**應貯存在**攝氏 4 度或以下**的雪櫃內。
- 如打算把盆菜冷凍，應在煮好後 2 小時內把食物的溫度由攝氏 60 度或以上降至攝氏 20 度，並在 2 小時內由攝氏 20 度冷卻至攝氏 4 度。整個過程不應超過 4 小時。
- 為加快降溫過程，可將食物分成較小份，並放在淺的容器內降溫，然後才放進盆內。
- Keep **hot poon Choi** above 60°C and **chilled poon Choi** at 4°C or below in the refrigerator till it reaches the customers.
- To chill poon Choi after cooking, it should be cooled from 60°C or above to 20°C within 2 hours, and from 20°C to 4°C within 2 hours. The whole process should not exceed 4 hours.
- To speed up the cooling process, food can be divided into small portions and placed in shallow containers before being put into the basin.

## 7

運送  
Delivery

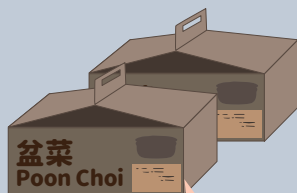
盆菜如需運送，要注意：

- 熱的盆菜應保持在攝氏 60 度以上，冷凍的盆菜則應保持在攝氏 4 度或以下。
- 盡快將盆菜送到目的地，避免食物在室溫下存放過久。
- 盆菜應以乾淨的保溫容器盛載，並妥為蓋好。
- 運送盆菜的車輛須保持清潔。

If poon Choi is to be transported:

- Keep hot poon Choi above 60°C and chilled poon Choi at 4°C or below.
- Deliver poon Choi to the destination as soon as possible and avoid keeping it under room temperature for prolonged period.
- Transport poon Choi in clean and covered thermally insulated containers.
- Keep the delivery vehicle clean.





# 8

## 食用 Consumption

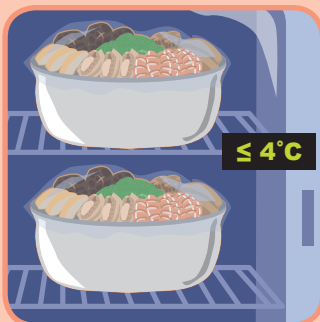
隨盆菜附送食用說明，提醒顧客食用盆菜的注意事項：

Provide written consumption instruction to remind customers the following:



熱盆菜必須保持其溫度  
在攝氏 60 度以上

Keep hot *poon choi* above  
60°C



經冷凍處理的盆菜須放入  
攝氏 4 度或以下的雪櫃

Store chilled *poon choi* in  
refrigerator at 4°C or below



盆菜進食前應徹底加熱  
至中心溫度達攝氏 75  
度或以上，或完全煮沸

Reheat *poon choi* thoroughly  
until its core temperature  
reaches 75°C or above, or  
to a complete boil before  
consumption



較大的盆菜需要較長的  
時間才能完全煮沸，加  
熱時把盆菜蓋好及適時  
攪拌食物，使熱力均勻

Larger *poon choi* takes  
longer time for thorough  
reheating. Cover the  
container and stir food  
suitably while reheating to  
ensure even heating



盆菜徹底翻熱後應立即  
食用，並一次過吃完。

Consume *poon choi*  
immediately after thorough  
reheating in one go