



Food Hygiene Guidelines for Chiu Chow Dishes

Cook Thoroughly

Prevent Contamination

Keep Hygienic

Consume Promptly



Chiu Chow dishes, comprising mainly of meat and seafood, come in many varieties. However, such dishes are high-risk food because most of them are pre-cooked, and their storage at room temperature encourages bacterial growth which may result in food poisoning.



Food Hygiene

Ingredients

Meat and seafood used for preparing Chiu Chow dishes should come from licensed suppliers.

Preparation

1. All ingredients must be thoroughly cleaned and cooked.
2. Avoid preparing food too early or in excessive quantity. After preparation, cooked food must be properly covered.
3. Raw and cooked food must be stored separately to prevent cross-contamination.
4. Spiced soy sauce should be heated to 100°C every time before and after use.

Cooling after Cooking

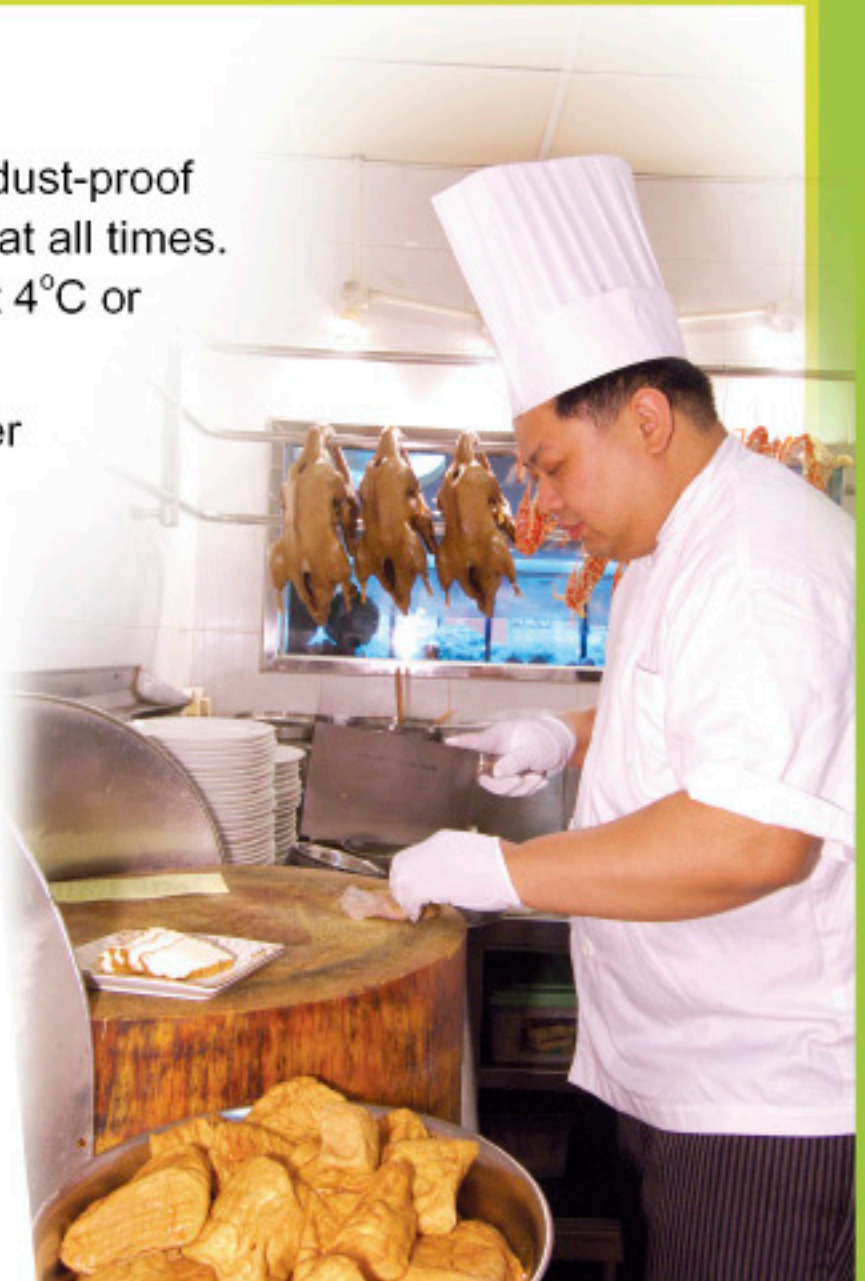
Chiu Chow dishes are always intended for cold serving. After cooking, dishes should be cooled from 60°C to 20°C, within 2 hours or less; and from 20°C to 4°C, within 4 hours or less.

Storage

1. Food showcases should be dust-proof and fly-proof and kept clean at all times. The food should be stored at 4°C or below or at 60°C or above.
2. Never place raw food or other articles in showcases.

Reheating Food

High-risk food that has been previously cooked and cooled should be reheated to 75°C or above before consumption unless it is served chilled. Normally, the reheating time should not exceed 2 hours. Food should not be cooled and reheated repeatedly.



Personal Hygiene

1. Always keep hands clean and wash hands with soap. Wear clean aprons at work.
2. Food handlers having symptoms such as sneezing, diarrhea and vomiting, should not handle food.
3. Protect cuts with water-proof dressings to reduce the risk of wound infection and to prevent bacteria of the wound from getting onto the food.



Premises Hygiene

1. Before and after use, all utensils, including chopping boards, knives and hanging hooks, in particular those used for processing ready-to-eat food, should be washed with detergent and hot water, and then sanitised with boiling water or approved bactericidal agents.
2. Put rubbish and food wastes into waste containers with well-fitted covers. Waste containers must be emptied regularly.



Enquiries

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