

食物業製作盆菜 衛生指引

Hygiene Guidelines to
Food Manufacturers
for the preparation of
“Doon Choi”



Introduction

“Poon Choi”, a traditional local cuisine, 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.

Common food safety problems related to “Poon Choi”

- Many types of food have to be prepared in a short period without adequate facilities and manpower.
- If foods, especially seafood and poultry, are not thoroughly cooked, pathogens that survive may cause food poisoning.
- Foods cooked too far in advance are prone to higher risk of cross-contamination.
- Foods that need post-cooking handling (such as poached chickens) have a higher risk of contamination.
- Insufficient hot-holding equipment to keep “Poon Choi” or the cooked ingredients above 60°C.
- Inadequate reheating before consumption.



Guidelines for the preparation of “Poon Choi”

1. Plan carefully in advance

- Ensure that adequate manpower, space, ingredients and facilities such as stoves, refrigerators and hot-holding equipment are available.
- Do not entertain orders beyond your capacity.
- Carefully plan the preparation schedule so that foods that are perishable or easily contaminated are not cooked too far in advance.

2. Purchasing and receiving ingredients

- Purchase food ingredients from reputable suppliers.
- Check the food quality on receipt to ensure the foods are in good conditions, such as proper packaging, appropriate temperature, etc.

3. Storage facilities and temperature control

- 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 foods in separate refrigerators to prevent cross-contamination. Alternatively, keep cooked foods above the raw ones.



4. Food preparation

- Clean and sanitise all food contacting surfaces thoroughly before use.
- Defrost frozen foods in chillers (4°C or below) or under cool running water.
- Cook foods (especially high risk foods like seafood and poached chickens) 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.

5. Maintain good personal hygiene practices

- Wash hands with liquid soap for at least 20 seconds before handling foods, after using toilets or touching unclean materials (e.g. after disposing of rubbish).
- Staff with contagious diseases like gastroenteritis or influenza should not handle foods.



6. Delivery

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.

7. Consumption

Remind customers the followings upon the arrival of "Poon Choi" :

- Keep hot "Poon Choi" above 60°C by heating, and thoroughly reheat it again before consumption.
- Store chilled "Poon Choi" in chillers as soon as possible.
- Reheat and consume "Poon Choi" as soon as possible after receiving and finish it in one go.
- Use communal chopsticks and spoons.

For further information and enquiries, please call the Communication Resource Unit of the Food and Environmental Hygiene Department on 2381 6096 or the department's 24-hour hotline on 2868 0000.