

選購／家中自製 盆菜小錦囊

Hygiene Tips for the Public
to Purchase/Prepare
“Doon Choi”



“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 public is urged to pay attention to the following tips when purchasing / preparing “Poon Choi” to ensure food safety.

Points to consider when purchasing “Poon Choi”

1. What should we look out for when ordering “Poon Choi” ?

- Order “Poon Choi” from reputable licensed suppliers.
- Check the way of reheating “Poon Choi” before consumption.
- Specify the time of delivery.
- Avoid picking up “Poon Choi” too far in advance to prevent microbiological growth due to prolonged exposure to the temperature danger zone of 4 to 60°C.



2. What should we look out for when transporting or receiving “Poon Choi” ?

- Cover “Poon Choi” properly.
- Use insulating equipment during transportation.
- Reheat “Poon Choi” immediately upon arrival and maintain its temperature above 60°C after reheating.
- Keep chilled “Poon Choi” at 4°C or below to minimise its exposure to the temperature danger zone of 4 to 60°C.
- If you have doubts about the temperature of “Poon Choi” during delivery or storage, contact the supplier or the Food and Environmental Hygiene Department (FEHD).

Points to note when preparing “Poon Choi” yourself

1. Plan carefully in advance

- Ensure that adequate facilities such as stoves and refrigerators are available and ingredients are not overstocked.
- Carefully plan the preparation schedule so that foods, especially those that are easily contaminated or highly perishable, are not cooked too far in advance.
- Ensure adequate refrigerated storage spaces are available for both cooked and raw foods. Keep chillers at 4°C or below and freezers at -18°C or below.



- Cover foods properly to prevent cross-contamination.
- Keep raw and cooked foods at different levels in the refrigerator to prevent cross-contamination. Keep cooked food above the raw ones.
- Clean all food contacting surfaces thoroughly before use.
- Defrost frozen foods in chillers (4°C or below) or under cool running water.
- Cook all foods thoroughly, especially high risk foods like seafood and poached chickens.

2. Maintain good personal hygiene practices

- Wash hands with liquid soap for at least 20 seconds before handling foods or after using toilets.
- Persons with infectious diseases like gastroenteritis or influenza should not handle foods.

Points to note when consuming “Poon Choi”

- Keep “Poon Choi” above 60°C if it is not consumed immediately.
- Avoid prolonged storage of “Poon Choi” at ambient temperature. Discard if it has been held at ambient temperature for more than four hours.
- Reheat “Poon Choi” thoroughly until its core temperature reaches 75°C above for at least 30 seconds or to the complete boil before consumption.
- Reheat and consume “Poon Choi” as soon as possible after receiving and finish it in one go to ensure food safety.
- Use communal chopsticks and spoons.
- If there are abnormalities, stop consumption immediately and contact the supplier or the FEHD.

