

# NOV Australian 11-18 Food Safety 2017 Week



## Australian Food Safety Week 11th-18th November

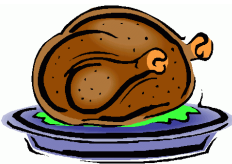
Australian Food Safety Week, promoted by the Food Safety Information Council, aims to educate people on food handling risks, and reduce cases of food poisoning in Australia. The theme for Australian Food Safety Week 2017 is: **'Is it done yet? Using a thermometer to check if your food is cooked safely'**.

### Meat thermometers:

Using a thermometer to test when food is cooked ensures food is safe to eat.



- Whole pieces of meat, such as steak, beef, pork and lamb, can be cooked to taste, as long as the outside of the meat is fully cooked to kill external bacteria.



- Always cook poultry (such as chicken), rolled and stuffed meats, sausages, minced meat and tenderized, marinated and moisture enhanced meats, so that the thermometer temperature reads 75°C in the centre of the thickest part.

### For information on other Food Safety Tips like:

- High risk foods
- Temperature zones
- Hand Hygiene
- Preparing and serving food
- Fridge and freezer
- Shopping and storage

Visit the [Food Safety Information Council website](#)

Put your food safety knowledge to the test! Have a go at the Australian Food Safety Week [QUIZ](#):

### Food Safety training:

For free online food safety training please visit the [Community Kitchens website](#).

# IS IT DONE YET?

Use a thermometer for great food, cooked safely every time.

NOV Australian  
11-18 Food Safety  
2017 Week



## USING YOUR THERMOMETER

**PLACE** the food thermometer in the thickest part of the food, as close to the centre as possible and it should not touch bone, fat, or gristle.

**START** checking the temperature toward the end of cooking, but before you expect it to be done.

**WASH** the stem of your food thermometer before and after each use.

## SAFE HOME COOKING TEMPERATURES



**75°C**

- Sausages
- Mince
- Poultry
- Liver
- Rolled roasts
- Reheated food



**72°C**

- Eggs
- Egg dishes

\*Until white is firm and yolk thickens



FOOD SAFETY INFORMATION COUNCIL  
[www.foodsafety.asn.au](http://www.foodsafety.asn.au)

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# Roast chicken with potato, roasted tomato and zucchini

**Prep:** 1 hour

**Cook:** 30 minutes

**Serve:** 6

## Ingredients

- 1kg brushed potatoes, peeled, thickly sliced
- 2 tablespoons rosemary leaves
- 6 garlic cloves
- 1 lemon, sliced
- 1 1/2 tablespoons olive oil
- 2.6kg extra-large chicken
- 2 large zucchini, quartered lengthways, halved crossways
- 250g vine-ripened cherry truss tomatoes
- 100g fetta, crumbled
- 1/4 cup baby basil leaves
- Rocket leaves, to serve



## Method

1. Preheat oven to 190C. Place potatoes, rosemary, garlic, lemon and 1 tablespoon of the oil in a bowl. Season. Toss to combine. Arrange in the base of a large roasting pan. Place chicken on top. Brush with remaining oil and season. Roast for 1 hour.
2. Add zucchini and tomatoes and roast for a further 30 mins or until chicken is cooked through.
3. Sprinkle fetta and basil over the vegetables. Serve with rocket leaves.



Don't forget to check the chicken by using a thermometer and ensure that the thickest part of the chicken reaches 75 degrees C.