



Preparing red meat for mincing and serving lightly-cooked or raw

K**Know**

What do you need to know?

- This process only covers red meat – beef, lamb and venison. This process does not cover pork, chicken, duck or livers.
- This process only needs to be followed if you choose to serve red meat lightly-cooked or raw.
- Bugs are found on the surface of whole cuts of meat. Mincing meat spreads the bugs from the surface all the way through the meat.
- It only takes a few harmful bugs to make people sick.
- The only way to make meat safe to be served lightly-cooked or raw is to kill the bugs on the surface of the meat before it is minced.
- There are 3 ways to reduce the number of bugs on the outside of meat – sear it, blanch it or sanitise it.
- Bugs can be hidden under flaps, in cavities and between the seams of whole cuts of meat. Make the outside of the meat smooth by removing any parts which could stop the searing, blanching or sanitising solution from killing bugs.

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Know

- All additional ingredients used with the sanitised red meat (e.g. seasonings, binders etc.) must be safe and suitable for use.
- You do not need to follow the rules about cooking minced red meat on the '**Cooking poultry, minced meat and chicken liver**' (page 45) card if you follow this procedure.

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Do

What do you need to do?

- You must choose one of the following methods:
 - searing, or
 - blanching, or
 - using sanitising solution.
- You must only use cuts of meat with a smooth surface. (E.g. prime cuts like sirloin, rump, thick flank, silverside, topside).
- You must either:
 - trim any seams, obvious flaps and/or cavities before searing, blanching or sanitising so the entire surface of the meat is evenly treated, or
 - cut or trim the meat into smaller portions (i.e. no flaps or cavities) before searing, blanching or sanitising so the entire surface of the meat is evenly treated.

Searing

- When searing, all surfaces of the meat (including any fat layer) must come into contact with the oiled hot plate, grill or pan.

D**Do****Blanching**

- When blanching, you can choose to blanch the meat either unwrapped or in a vacuum-sealed bag. If you use a vacuum-sealed bag, all surfaces of the meat must come into direct contact with the bag.
- The meat must be fully covered by water or stock that is at a rolling boil, for at least:
 - 30 seconds if it is not in a bag, or
 - 60 seconds if it is in a vacuum-sealed bag.

For both searing and blanching

- You must rapidly chill the seared or blanched meat by either:
 - placing the meat in an ice slurry, or
 - putting the meat in the fridge, or
 - putting the meat in the freezer.

Using sanitising solution

- When sanitising, you must only use one of the following chemicals: (tick as appropriate)
 - lactic acid
 - peroxyacetic acid (POAA)
- You must not use a lower or higher concentration of sanitising solution.
- The whole piece of meat must always be fully covered by the sanitising solution. All surfaces of the meat must come in direct contact with the sanitising solution.
- You must use a new sanitising solution for each piece of meat you sanitise.

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Do

Using lactic acid

- You must use a solution that is between 2—5%.
- You must dip the whole piece of meat in the solution for 9 seconds. The solution must be used at 55°C.

Using POAA

- You must use a concentration of between 150—220 parts per million.
- The concentration of hydrogen peroxide must be 75 parts per million or less (note: if using pre-prepared concentrate, you don't need to do this).
- You must dip the whole piece of meat in the solution for 10—15 seconds (no more than 30 seconds) at room temperature.

For all methods

- All meat that has been seared, blanched, or sanitised must be used within a maximum of 48 hours.
- Formed patties must be used within 24 hours or frozen immediately for later use.
- Thawed patties must be used within 24 hours.
- All seared, blanched, or sanitised meat must be stored at 5°C or less when not being used or handled.

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Show

What do you need to show?

Show or describe to your verifier:

- how the method you have chosen is followed exactly, every time,
- how you kill the bugs on the outside of whole cuts of meat,

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Show

- how you handle the meat after it has been either seared, blanched, or sanitised,
- how you ensure, blanched, seared or sanitised meat is used within 48 hours,
- how you mince red meat safely and use the resulting patties within 24 hours,
- how you mince red meat safely.

Sanitising solution method

- Show or describe to your verifier:
 - how you prepare the sanitising solution,
 - how you know you have used the right:
 - chemical, and
 - concentration, and
 - temperature, and
 - amount of time to kill bugs.