TEMPERATURE CONTROL

COOKING

Food should be cooked thoroughly to kill food poisoning bacteria. The core temperature should reach 75°C instantaneously or equivalent, e.g. 70°C for two minutes. The core is taken as the centre or thickest part of the food.

HOT HOLDING

Keep hot food above 63°C. This is outside the danger zone (5°C - 63°C). Bacteria grow best in warm temperatures, approximately 25°C – 40°C. Lukewarm food is dangerous as it is a perfect environment for bacteria to thrive. If cooked food is not stored above 63°C, it should be used up within two hours of cooking. Ensure the first batch of cooked food being hot held is served first. Where possible do not mix batches. It is recommended that the first batch is used before adding a different batch.

REHEATING

Food must only be reheated once following cooking. The food should be reheated to piping hot, greater than or equal to 70°C at the core of the food.

FOOD SAFETY
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FOOD SAFETY WEEK

TEMPERATURE CONTROL

COOLING

Following cooking, food which will not be consumed immediately should be cooled as quickly as possible i.e. placed in a blast chiller to achieve a temperature of 3 C within 150 minutes. Its important to not overload a fridge with warm food as this will raise the overall temperature of the fridge which increases the possibility of bacteria growing in the food.

FREEZING

Commercial freezers should be maintained at -18°C or colder in food businesses. At this temperature food will keep for a reasonable time with no bacterial growth. Always follow freezing guidelines for the food. Only freeze food once. When food is defrosted, bacteria can multiply. If this is frozen again the amount of bacteria could be at a dangerous level.

DEFROSTING

The best place to defrost food is in the fridge. This ensures that the temperature of the surface of the food will not exceed 5°C. Do not rinse frozen food under the cold tap in a sink to defrost.

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