Food Safety Conversation No20:
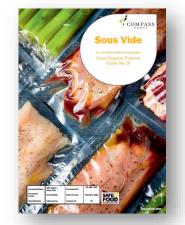## Sous Vide

Key Learning

In sous vide cooking the temperatures used are often much lower than those used for general cooking, and the cooking times much longer, which means that food is in the temperature danger zone for extended periods. As a result, there is an increased risk that food poisoning bacteria can **survive** and **multiply**. Therefore, it is essential that the guidance is followed, and cooking is carried out properly when using sous vide.

What You Need To Know

❑ Sous vide is considered a high-risk activity by the EHO. They will pay particular attention to your process if you use sous vide in your sites.

❑ The sous vide GHP 20 must be followed carefully and all associated records to be in place.

❑ Senior Kitchen Staff must hold a Level 3 Food Safety certificate or above before embarking on using sous vide in their kitchens.

❑ Kitchens must not deviate from the cooking matrix unless specifically given authorisation from the HSE team in writing.

❑ Water baths need to be calibrated at least once a year to an accuracy of 0.1'c

❑ Water bath front panel LCD temperature display must be calibrated against daily and a correction figure noted if necessary.

❑ All items to be cooked must be at room temperature before cooking starts.

❑ Cooking time only starts when the bath temperature settles to the correct temperature.

❑ No fish to be cooked sous vide.

❑ No food items being sous vide cooked to be thicker that 5cm or larger than 2kg in weight per bag.

HACCP Stages

- Food preparation
- Cooking

Colleague Validation

1. What are the dangers of not following the cooking matrix?
2. What factors can affect the length of time in which food cooking takes place?
3. How would you best chill sous vide cooked food?
4. How would you ensure the water bath is at the correct temperature?
5. How long can you store sealed foods once cooled?

More Information

More information can be found within the **Good Hygiene Practice Guide No: 20 Souse Vide** and the HSE website