

# Food Safety Conversation No10: Cooling & Reheating

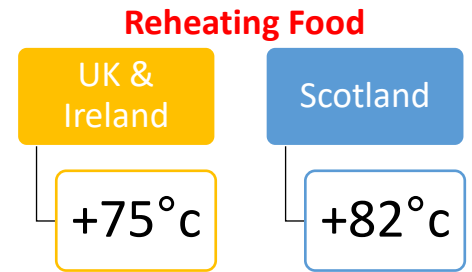
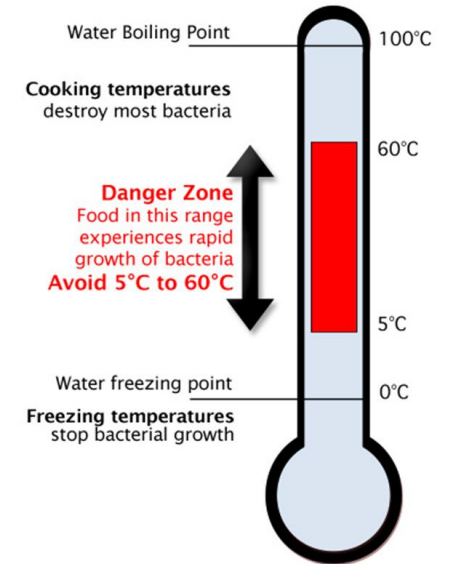
## Key Learning

## What You Need To Know

Effective and swift cooling techniques allows the safe storage of in unit made foods. Re-heating foods to the correct temperatures ensures any remaining bacteria present in food will be killed through heat



- ❑ Micro-organisms that cause illness / food spoilage can grow between +5°C and +63°C. This range is known as the Danger Zone, and keeping foods out of this zone reduces the risks of food poisoning.
- ❑ Cool food as quickly as possible after cooking and place into refrigerated storage.
- ❑ Cooling times can be reduced by:
  - Portioning the food into smaller containers
  - Cutting or slicing larger joints before cooling
  - Using shallow / pre cooled containers (5cm depth)
  - Using ice baths to rapidly cool the food
  - Rinsing under cold potable water (e.g. for rice or pasta)
- ❑ When cooling food in a blast chiller ensure the chilling process starts within 30 mins of the food being cooked, and that if is cooled to a temperature of +5°C or less before placing into refrigerated storage.
- ❑ When cooling food at room temperature choose a cooler area of the kitchen. Cover the food and leave at ambient room temp for a maximum of 90 mins before placing into refrigerated storage.
- ❑ Record the following information on the Food Production Temperature Record form:
  - Type of food
  - Time & Temperature of the food when cooling began
  - Time & Temperature of the food when transferred to refrigeration
- ❑ If food is cooling slower than expected, break the food down into smaller quantities, transfer food to newly cooled containers or place food container in cold water and ice several times.
- ❑ It is important to re-heat food thoroughly to ensure any remaining harmful bacteria are killed off.
- ❑ Reheat foods to the correct temperature (75°C – England / Wales / N.I./ ROI & 82°C – Scotland).
- ❑ Record reheat temperatures on the Food Production Temperature Record form.



## HACCP Stages

## Colleague Validation

## More Information

- Preparation
- Cooling & Re-heating
- Food Service & Display

1. What is temperature range is known as the "Danger Zone" which you must avoid keeping food at?
2. What practical steps could you take to help cool food quickly?
3. What is the maximum time period allowed to cool food at ambient room temperature?
4. What are the required reheating temperatures?

More information can be found within the **Good Hygiene Practice Guide No: 10 Cooling & Reheating** and the HSE website