

Cooling & Re-heating

Good Hygiene Practice
Guide No 10

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HACCP Chart Reference

Preparation / Cooking / Cooling / Re-heating / Counter Service

Legal Requirements

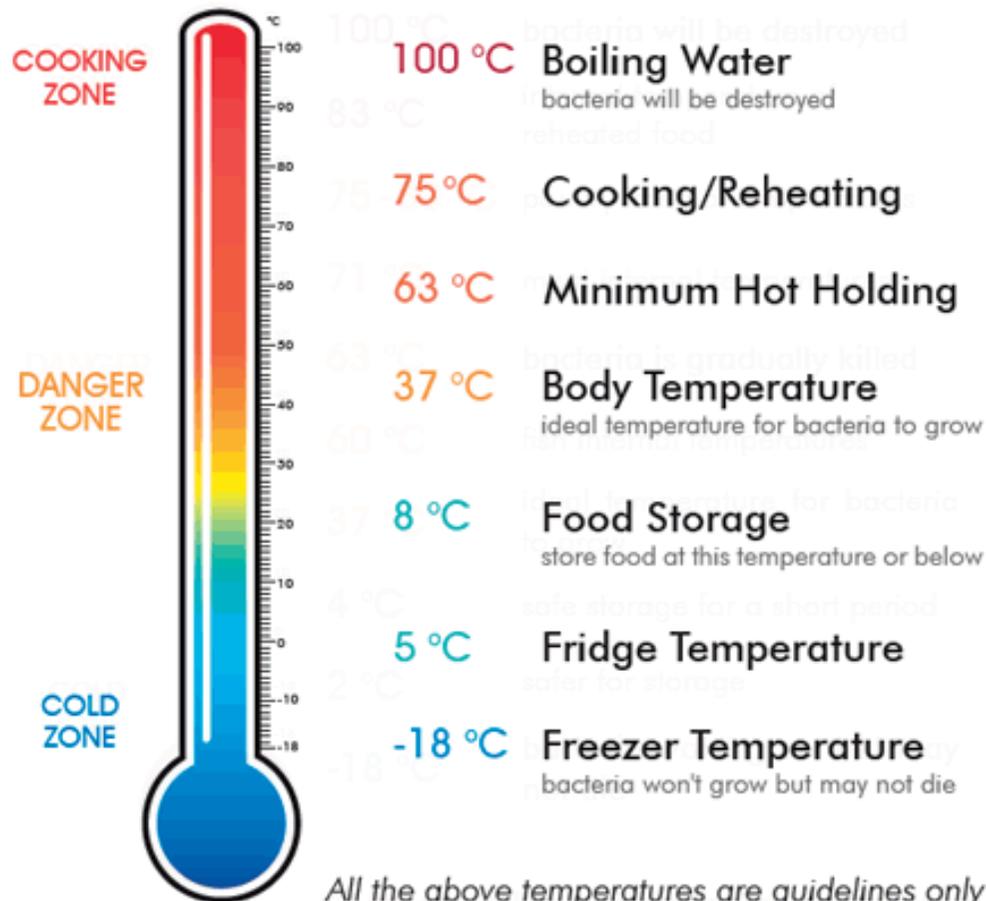
The Food Hygiene Temperature Control Regulations require that food is cooled as quickly as possible following any heat processing / cooking to a temperature which does not result in a risk to health

If food has been cooked and cooled, and is intended for consumption hot, it must be re-heated to a sufficient temperature in order to kill food poisoning bacteria. This is deemed to be above +75°C in England, Wales and Ireland and at least +82°C in Scotland

Food Safety Hazards

Micro-organisms that cause illness and 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 will reduce the risks of food poisoning

Foods cooked in advance therefore need to be held hot or cooled as quickly as possible and stored under refrigerated conditions



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Cooling – Control Measures

Where food has been cooked and is intended to be cooled and used on a subsequent date it must be cooled using a method that ensures the food is:

- Cooled as quickly as possible
- Placed into a refrigerator as soon as it is safe to do so
- Cooled down to below 20°C within 90 mins (Below +10°C in Ireland)

Factors which may affect cooling times will include:

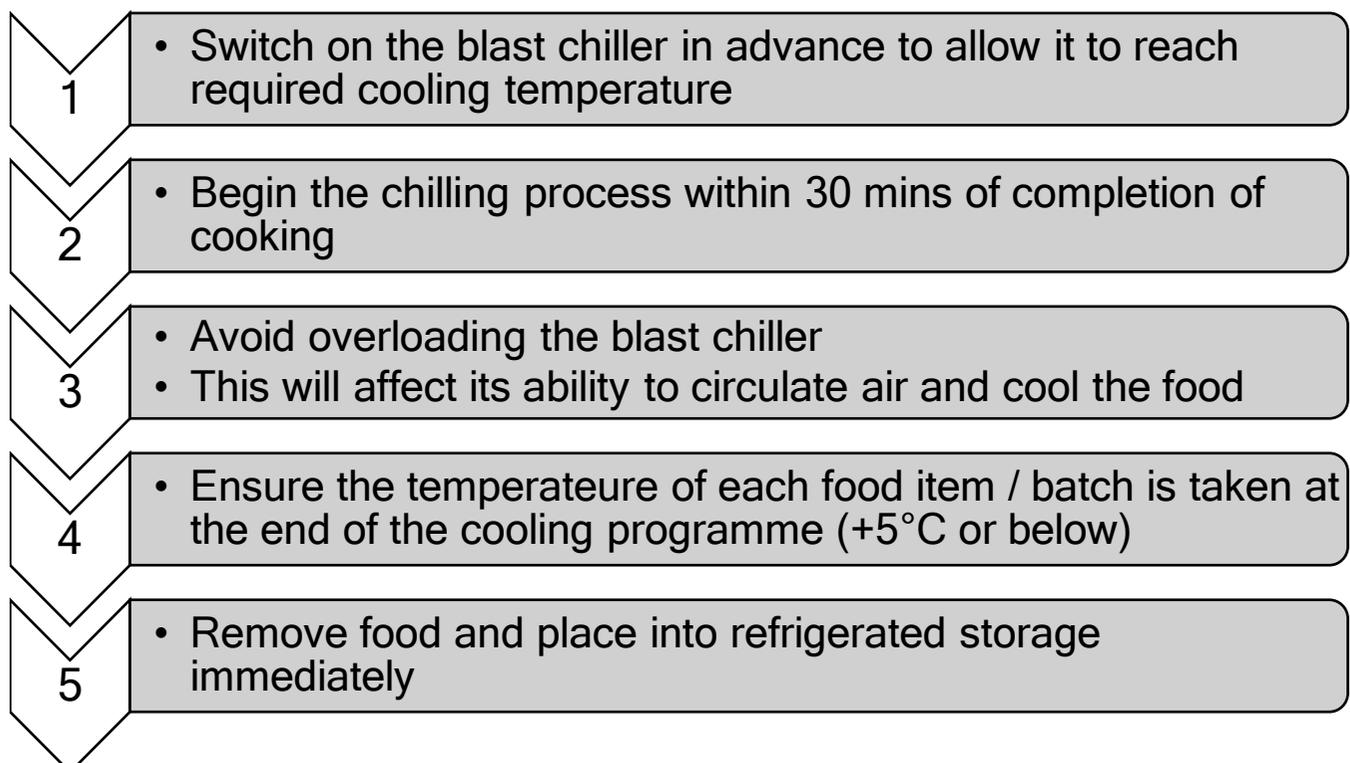
- Portioning the food into smaller containers
- Cutting or slicing larger joints before cooling
- Using shallow / pre cooled containers
- Using ice baths to rapidly cool the food
- Rinsing under cold potable water (e.g. for rice or pasta)

Ensure whatever system is used for cooling food is monitored regularly and the food is temperature checked periodically.

Cooling – Blast Chillers

Compass Guidance:

It is strongly recommended that a blast chiller is provided, wherever pre-cooking and cooling is a regular feature of the catering operation, and should be used in accordance with the manufacturer's instructions



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Cooling – Ambient Environment

Compass Guidance:

It is important to note that the following measures can be taken to ensure certain foods are cooled as quickly as possible upon completion of the cooking process:

Gravy / Soup / Stews

- Split down the food into smaller shallow containers (5cm depth)
- Pre cool the containers to aid the cooling process
- Alternatively stand cooking pot in cold / iced water and stir to help transfer heat out

Meat Joints / Poultry Carcasses

- Cut or split larger joints into smaller 2.5kg pieces
- Place into pre cooled containers with sufficient room to allow air circulation to aid the cooling process

Meat on the Bone

- Strip the flesh from the bone and place in a shallow container to aid the cooling process

Whole Fish

- Leave in a shallow container with 5cm of cooking juices to help flavour development and moisture retention

Compass Rules:

Whenever cooling foods in the open kitchen environment the following principles must be followed:

1

- Ensure food is cooling in a clean area away from all sources of contamination

2

- Identify a cooler area to cool the food, as the kitchen environment is normally hot and humid which will slow the cooling process

3

- Only leave foods to cool at an ambient temperature for a maximum of 90 mins before transferring to a refrigerator

4

- Cover the food to avoid physical contamination
- Ensure any heat / steam can escape to aid the cooling process

5

- Cover and wrap the food after cooling and apply a date code label
- Place in refrigerator or freezer segregated from any raw foods

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Additional Guidance

1. Probe thermometer temperature checks
 - Refer to **Good Hygiene Practice Guide No: 9 - Cooking** for guidance on how to use probe thermometer to check cooking / food re-heating temperature checks
2. Probe thermometer accuracy checks
 - Refer to **Good Hygiene Practice Guide No: 9 - Cooking** for guidance on how to accuracy check probe thermometers
3. Prevention of cross contamination
 - Refer to **Good Hygiene Practice Guide No: 4 - Cross Contamination** for guidance on how to minimise cross contamination risks
4. Equipment maintenance & repair
 - Refer to **Good Hygiene Practice Guide No 14 - Food Premises** for guidance regarding catering equipment service and maintenance

