

# COOKING, REHEATING & HOT HOLDING

## Cooking

Always check food is piping hot, all the way through (above 82 ° C)

Make sure the centre of the item is piping hot (above 82 ° C), not just the outside

## Reheating

Reheating means cooking again, not just warming up- check the item is cooked all the way through as per cooking

Food should only be reheated once to above (above 82 ° C)

Use a probe thermometer to check food is reheated to a safe temperature. The food is safe if it has reached a high enough temperature for a long enough time, i.e. **80 ° C for at least 6 seconds or 75°C for at least 30 seconds (above 82 ° C in Scotland)**

## Hot holding

Make sure you keep food hot until serving to prevent the growth of harmful bacteria. This includes foods comprising or containing meat, fish, eggs, milk, soft cheese, cereals (including rice and pasta), pulses and vegetables

Food can be displayed below 63°C for a maximum of 2 hours, after 2 hrs the food must be reheated until piping hot and then served immediately or chilled down as quickly as possible and stored at 8°C or less, or thrown away.

The equipment you use must keep hot food above 63°C

- Preheat any equipment before putting food in
- Ensure food is thoroughly cooked and piping hot before putting it in the equipment (above 82 ° C)
- Use a temperature probe to check the temperature of food in hot holding