

FOOD STORAGE TEMPERATURE CHART

Strict food temperature guidelines are in place for commercial kitchens, not only for heating and reheating, but also for cooling and freezing. Here's an at-a-glance guide for managing the catering cycle in your business – and the equipment that will help you stay food hygiene compliant.

Reheating 82°C

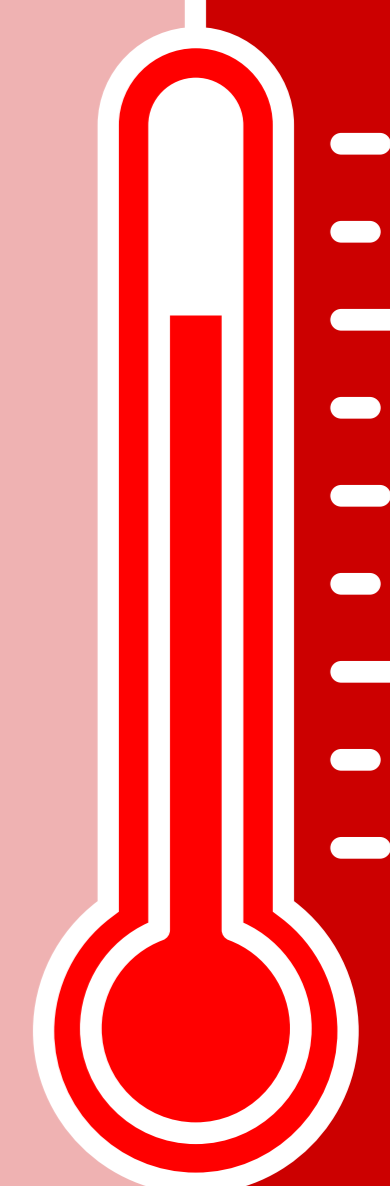


GUIDANCE:

All food that has previously been heated should be raised to 82°C. Using a suitable time/temperature combination may also be sufficient where high temperatures might be detrimental to food quality - for example achieving 70°C for 2 minutes.

RECOMMENDED EQUIPMENT:

Using a **combi oven** can ensure that all of the vitamins and nutrients are locked in the food during the cooking and regeneration processes, while allowing you to accurately record the core temperature.



RECOMMENDED EQUIPMENT:

Using a **combi oven** with an inbuilt temperature probe ensures you are able to accurately record cooking data which can be invaluable for audit purposes.

Cooking 75°C



GUIDANCE:

Temperatures of 75°C or above are effective in destroying almost all types of bacteria. However, cooking temperatures below this level are also effective provided that the food is held at these temperatures for a suitable time period.

Hot holding 63°C



GUIDANCE:

Temperatures above 63°C will help control the multiplication of bacteria in hot food, providing safe storage for canteens and commercial kitchens where items need to be held for short periods until ready for serving.

RECOMMENDED EQUIPMENT:

Hot cupboards are an ideal way to maintain temperature while transporting food to be served.



RECOMMENDED EQUIPMENT:

Commercial fridges and freezers with external thermometers make this easy and ensure you don't have to open the fridge more frequently than necessary. They are also designed to maintain the correct temperatures which a domestic fridge or freezer would struggle with.

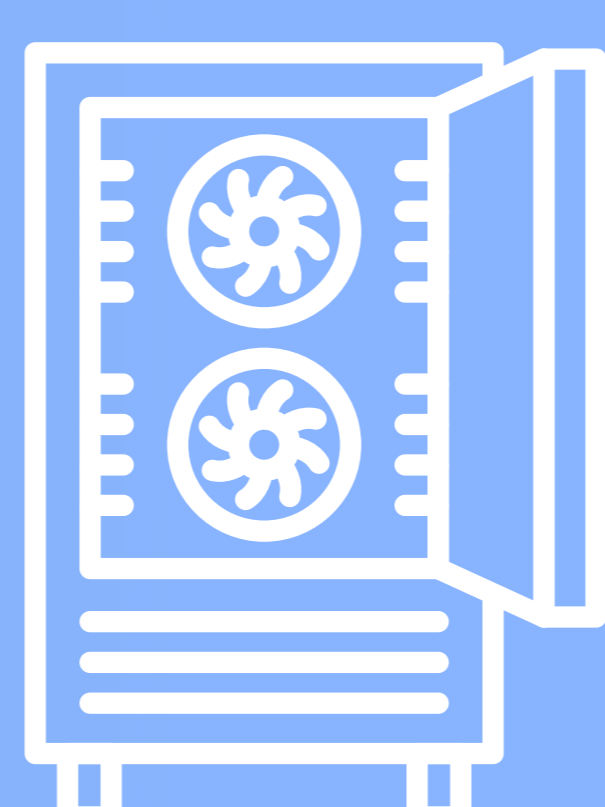
Refrigeration 8°C



GUIDANCE:

A food temperature of 8°C or below is effective in controlling the multiplication of most bacteria in perishable food. It is recommended practice to operate refrigerators and chillers at 5°C or below.

Cooling 5°C



GUIDANCE:

Food should be cooled as quickly as possible and then refrigerated. This will limit the growth of any bacteria or germination of spores that might be present. The EHO requires rapid chilling from 70°C to under 5°C in under 90 minutes.

RECOMMENDED EQUIPMENT:

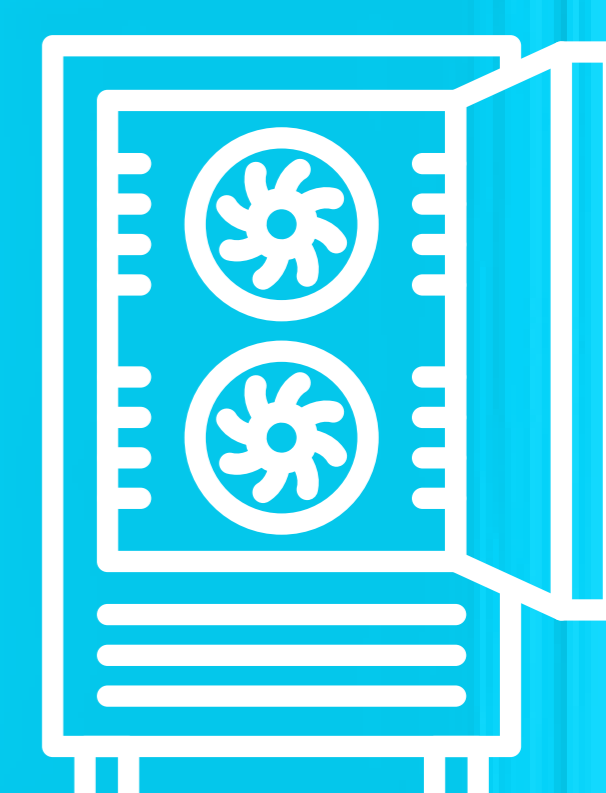
Blast chillers exceed regulatory requirements by rapidly chilling food before refrigerating, minimising the risk of bacteria.



RECOMMENDED EQUIPMENT:

A **blast chiller** can ensure food is cooled rapidly before storing in a freezer, reducing bacteria. They are also so efficient they can minimise costs.

Freezing -18°C



GUIDANCE:

Freezing of food at temperatures of -18°C or below will prevent bacteria from multiplying.