Acrylamide

Mitigation Measures applied by the Food Business

Please complete the tables below and tick only the relevant mitigation measures adopted by you to ensure the levels of acrylamide in food are as low as reasonably achievable.

Potato products made from fresh potatoes (e.g. chips, French fries, other cut (deep-fried) and sliced potato crisps)	**Please tick the mitigation measures applied by your business**
Ask your potato provider for advice on the best variety to use for the type of cooking you are doing and pick suitable varieties with lower sugar content.	☐ I do this
Store raw, unpeeled potatoes in a cool, dark place, above 6°C.	☐ I do this
Follow manufacturer's cooking instructions for frozen potato products.	☐ I do this
Where possible, when making home-made chips, or cut potatoes that are going to be deep-fried, follow one of these steps: Wash and soak for 30 - 120 minutes (2 hours) in cold water and rinse in clean water before frying. Or Soak for a few minutes in warm water and rinse in clean water before frying. Or Blanch potatoes before frying.	☐ I do this ☐ I do this ☐ I do this
Consult your cooking oil provider and select frying fats and oils that allow quicker frying and/or lower temperatures.	☐ I do this
Deep-fry potato products, such as chips and French fries, to a golden yellow or lighter colour. The oil temperature for cooking should ideally be below 175°C.	☐ I do this
Maintain frying oil and fats quality by frequently removing crumbs and debris from the fryer.	☐ I do this
Use and display a colour guide on the optimal colour for minimising acrylamide (e.g. golden yellow or lighter) Colour charts for fries can be found at: http://goodfries.eu/en/	☐ I do this

Bread & bakery products (e.g. cookies, biscuits and scones)	**Please tick the mitigation measures applied by your business**
Extend the fermentation time of yeast where possible and compatible with the production process and hygiene requirements.	☐ I do this
Reduce the oven temperature and extend the cooking time where possible and compatible with the production process and food safety requirements.	☐ I do this

Toasted sandwiches	**Please tick the mitigation measures applied by your business**
Ensure sandwiches are toasted to the lightest colour level acceptable (e.g. golden yellow or lighter) This can be achieved using a colour guide.	☐ I do this

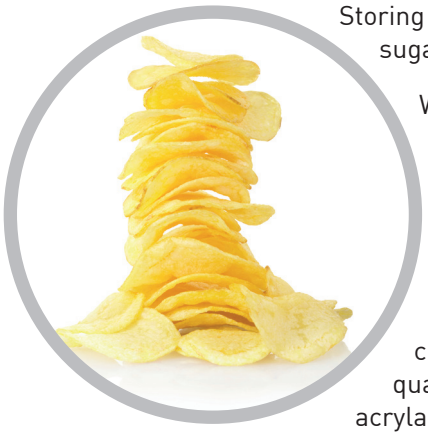
Advice on Acrylamide Control

Acrylamide is a chemical formed when certain foods are cooked at high temperatures such as frying, baking and toasting. Legislation is in place to reduce acrylamide levels in food, as it has the potential to cause cancer.

Acrylamide is formed in a wide range of foods including chips, roast potatoes, crisps, toast, cakes, biscuits, cereals and coffee.

Potato products made from fresh potatoes e.g. chips, French fries, other cut (deep-fried) and sliced potato crisps

Certain potato varieties are lower in natural sugars and using these will help to keep acrylamide levels lower. Frying at high temperatures can result in the formation of acrylamide. You should select frying oils/fats which allow quicker frying times and/or at lower temperatures.



Storing unpeeled potatoes above 6°C helps minimise the formation of natural sugars and therefore reduces acrylamide when cooked at high temperatures.

Washing and soaking or blanching potatoes before frying helps remove excess sugars and therefore reduces acrylamide.

Manufacturer's instructions should be followed for frozen/processed products. Frying below 175°C to golden yellow or lighter will minimise levels of acrylamide.

Skimming fryers frequently to remove crumbs and food debris will maintain oil quality for longer and help minimise acrylamide formation.

Bread and bakery products (e.g. cookies, biscuits and scones)

The following will help reduce the formation of acrylamide:

- Extend yeast formation
- Reduce oven temperature and extend baking time

Toasted sandwiches

Toasting sandwiches to the golden yellow or lighter will minimise acrylamide formation.

Further information:

www.food.gov.uk/safety-hygiene/acrylamide