

SAFE METHOD:

ACRYLAMIDE

It is important not to over-cook certain foods.

WHAT IS ACRYLAMIDE?

It is a chemical that is formed naturally when some foods are cooked at high temperatures (above 120°C) such as by frying, roasting, baking, grilling and toasting. Legislation is in place to reduce acrylamide levels in food, as it has the potential to cause cancer in humans.

WHAT FOODS?

If you 'bake off' or reheat the following types of foods, you should put in place practical steps to reduce acrylamide.

Bread products such as loaves, bread rolls and baguettes, toast and toasted sandwiches.

Sweet bakery products such as cookies, biscuits, scones, gingerbread, wafers, crumpets.

SAFETY POINT

WHY?

'Bake off' products and reheating

Where appropriate, follow the manufacturer's cooking instructions for food products.

The manufacturer has tried and tested cooking methods specifically for its products to keep acrylamide levels low.

When baking bread and sweet bakery products, bake to a golden yellow, or lighter colour. Use the lowest oven temperature possible for the food.

Baking foods to a golden yellow, or lighter colour, and at lower oven temperatures will reduce acrylamide levels.

When cooking foods such as toast and toasted sandwiches do not over-toast or burn.

Cooking bread to a golden colour, or lighter, will help to keep acrylamide levels lower.

Where possible, set a timer to mark the cooking time. This could be on the oven or fryer or you can use a separate timer.

This will remind you to remove foods at the right time to prevent foods from becoming over-cooked or burnt.

THINK TWICE!

Over-cooking or burning certain foods means that these foods can be higher in acrylamide.

Colour charts

Some suppliers have produced colour charts to show what colour is the best for certain foods to keep acrylamide levels low. You can ask if your supplier has these available. You do not have to use colour charts, but they can be useful for training your staff.

WHAT TO DO IF THINGS GO WRONG

HOW TO STOP THIS HAPPENING AGAIN

- Dispose of foods that are over-cooked or burnt.

- Review your cooking method.
- You might need to lower the cooking temperature or use different equipment.
- Train staff again on this safe method.
- Improve staff supervision.
- Repair or replace equipment that is broken or not working.

Write down what went wrong and what you did about it in your diary.

For further information go to the [FSA Website](https://www.food.gov.uk).

