

SAFE METHOD:

PROVE IT – COOKING, REHEATING & HOT HOLDING



Sometimes you might want to use a probe to prove that your safe methods for cooking, ‘bake off’ products, reheating and hot holding are safe.

SAFETY POINT	WHAT TO DO	HOW TO DO IT?
Cooking, bake off and reheating	<p>The ‘Cooking safely – rotisserie chicken and ham’, ‘Bake off products, reheating and hot holding’ and ‘Cooking safely – bacon, sausages and eggs’ safe methods tell you how to check that food is thoroughly cooked/reheated. If you do a different check then you will need to prove that it is safe.</p> <p>You only need to do this once provided the temperature in the middle of the food has reached a high enough temperature for a long enough time. If it does not, the food may not be safe to eat and you should cook/reheat the food longer.</p>	<p>To check the food has reached a high enough temperature for a long enough time, check it with a clean and disinfected probe thermometer. Insert the probe so that the tip is in the centre of the food (or the thickest part).</p> <p>Examples of safe time/temperature combinations include:</p> <ul style="list-style-type: none"> 80°C for at least 6 seconds 75°C for at least 30 seconds 70°C for at least 2 minutes 65°C for at least 10 minutes 60°C for at least 45 minutes
Hot holding	<p>The ‘Bake off products, reheating and hot holding’ safe method tells you how to hot hold safely.</p> <p>Hot food must be kept above 63°C, if this is not possible it can be taken out of hot holding for up to 2 hours. Any food left after 2 hours must be discarded.</p>	<p>To check that food in hot holding is above 63°C, use a clean and disinfected probe thermometer. Insert the probe so the tip is in the centre of the food (or the thickest part).</p> <p>Regularly check that food is above 63°C during service, using a clean and disinfected probe thermometer. If not, it should be used within 2 hours. Any food left after 2 hours must be discarded.</p>

CHECKING YOUR PROBE

It is essential to know that your probe is working properly, to be able to rely on its readings. So you should check it regularly. The manufacturer’s instructions should include details of how often a probe needs to be checked and how to check it.

A simple way to check a digital probe used for checking hot food is to put it in boiling water:

- The readings in boiling water should be between 99°C and 101°C.

If the reading is outside this range, you should replace your probe or return it to the manufacturer to be calibrated.

CLEANING YOUR PROBE

It is very important to keep your probe properly clean. Make sure you always clean and disinfect your probe between use.

