

Reheating and Hot Holding of Food

Food poisoning bacteria can grow in food that is reheated too slowly. Holding food at temperatures where bacteria can multiply can cause food poisoning. If you reheat previously cooked and cooled potentially hazardous food, you must reheat it rapidly to a minimum temperature of 75°C or hotter. If you wish to hold hot food, you must hold it at 60°C or hotter.

- Use your probe thermometer to ensure the internal temperature of any hot food is reheated to 75°C and held above 60°C;
- Regularly stir or turn potentially hazardous foods during reheating and hot holding so the heat is evenly dispersed throughout the food;
- Always use clean & sanitised equipment and utensils when handling food;
- Bain Maries should never be used to reheat food. Always reheat the food quickly and thoroughly to above 75°C before placing the food in the Bain Marie;
- Food that has been cooked and cooled should only ever be reheated once only – discard any leftovers;
- Do not overload the hot holding equipment as there may not be even distribution of heat;
- Never mix batches of food when restocking food in the hot holding equipment, remove the old batch and replace with a new batch in a clean, sanitised container;
- Regularly use your probe thermometer to check the internal temperature of food is being held above 60°C – do not rely on appliance controls or temperature readings as these are often operational temperatures of the equipment and do not reflect the temperature of the food;
- Protect food during reheating and hot holding from any likelihood of contamination.

