



## Guidance Take Away Service

### Chilling Down Cooked Food Safely

Updates to how we deliver our service temporarily means that we will be handing out cooked food in take away form and will not be serving immediately to guests to eat in our venues.

Harmful bacteria can grow in food that is not chilled down as quickly as possible

We will need to cool down all cooked food prepared as quickly as possible and put it in the fridge if there is a period of time before we are handing it out to ensure it's safe to eat.

Food that has been cooled down to room temperature for **no longer than 2 hours**.

#### **Options for Chilling Down Food** *(You can use one or more of these)*

- **Divide food into smaller portions.** Smaller amounts of food chill down more quickly. For example cut frittatas into small pieces to cool more quickly.
- **Cover pans of hot food and move them to a colder area,** e.g stand them in cold water in a sink, you can also use ice in the water to speed up chilling. This will make the food chill more quickly.
- **Stir food regularly while it is chilling down.** Stirring helps food chill more evenly.
- **Spread food out on a tray** e.g. rice, pasta or couscous. Spreading the food out will help it cool more quickly.
- **Run cold water** over cook pasta or vegetables to cool the temperature down quickly

**When you have just cooked the food, use a probe to test its temperature, and to ensure that it has been cooked correctly.  
Record this on the "Chilling Prove it Record" Sheet**

Test the temperature again at regular intervals to find out how fast the food is being chilled down. Remember to use a clean probe each time you check the food. Remember to sanitise prob after each test.

Once food is cooked and chilled down you should aim to have it handed out and given to guests in 2 hours or less, if not placing in refrigerator. Any cooked food that has been sitting out for more than two hours must be thrown away.

#### **What to Do if Things Go Wrong**

- If food has not been chilled down safely, re-cook it, if appropriate, or throw it away.
- Remember that some foods need extra care e.g. **rice**. You can make rice chill down more quickly by dividing it into smaller portions, spreading it out on a clean tray, or running it under cold water (make sure the water is clean and drinking quality). Rice can contain spores of a type of harmful bacteria that may not be killed by cooking or reheating. If cooked rice is left at room temperature, spores can multiply and produce toxins that cause food poisoning. Reheating will not get rid of these. Please take extra care when preparing rice.



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- Review your chilling methods to make sure they are working properly. If you have queries please get in touch with you Regional Manager.
- Make sure you always allow enough time and make portions small enough.
- If food is left out for longer than 2 hours and is not refrigerated you must throw the food away.

**Record this in the kitchen handbook on the "CHILLING – PROVE IT RECORD SHEET"**