



Specialist Process 2: Sous Vide

Note:

These controls are to be applied in addition to main flow chart steps.

Summary

Sous Vide - this describes a method of cooking in vacuum sealed plastic pouches at low temperatures for long periods.

Raw food is vacuum sealed in plastic pouches and the food is cooked at relatively low temperatures in a water bath. This method can carry significant potential food safety risks.

What could happen

Contaminated food may be purchased and not cooked to sufficient temperatures to destroy bacteria. These bacteria may multiply to high levels during preparation & storage (in particular anaerobic pathogens during the vacuum packing stages). Spores may be formed during the heat processes and germinate during post storage.

Procedure

Purchase

- Only specialist equipment to be used (water bath, pouches and thermometer).
- Water bath has auto cut off for if the water runs dry.
- Only high quality fresh ingredients used (prepared within 48 hours of delivery), approved supplier only.

Storage

- Food to be stored below 3°C.

Vacuum packing

- Separate vacuum packer used for raw foods and cooked foods, no dual use of the equipment
- All vacuum packers to be cleaned & disinfected using an approved 2 stage cleaning procedure
- Food quality packaging used.
- Manufacturers instructions followed for the sealing system.
- Avoid air bubbles to prevent uneven cooking.
- Vacuum packed foods to be used within 2 days of Vacuum packing.
- All vacuum packed foods labelled with date.
- Disposable gloves to be worn to reduce bacterial load.

Cooking

- Preheat water baths prior to submerging sealed bags.
- Controls on maximum size to be followed. Trials on weight and size carried out prior to cooking and serving.
- Food to be completely submerged.
- Core temperature of 60°C to be reached for a minimum of 45 minutes/65°C for 10 minutes/70°C for 2 minutes/70°C for 30 seconds/80°C for 6 seconds.

Chilling post cooking

- Food to be blast chilled to 3°C within 90 minutes.

Post process storage

- Product to be used within 10 days, target 3 day.

Reheating

- All food to be reheated to minimum of 63°C prior to service.