# Record 10: Cooking method

Complete this record as you add or remove items or modify procedures for food on your menu.

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| **Menu Item** | **Food Category (1 or 2-**  **see page 12)** | **Cooking temperature (55-75°C)** | **Maximum thickness of food** |  | **Heating time to core temperature for Category 1 foods** |  | **Cooking time based on cooking temperature (Table 3)** |  | **Total time required** |  | **Cooling time to reach 5 °C or below\*** | **Food will be reheated (Yes/No)**  **Reheat food rapidly to at least 55 °C and do not exceed 4 hours reheating between  55-60 °C** |
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\*The cooling step is critical to keeping the food safe. Spores of bacteria can grow during this stage and produce toxins that are not destroyed by reheating and may cause food poisoning.

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| **All food must be cooled from 60 °C (or less) to 21 °C within 2 hours, and from 21 °C to 5 °C within a further four hours; a total of 6 hours.** |

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| **Procedure** | |
| **Menu item** | **Procedure (include any finishing-off of the food, such as sear in pan)** |
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