Safe Temperatures

0–5°C — Fridge target; follow product storage instructions

–18°C — Freezer

75°C — Cooking: core temperature for at least 30 seconds*

63°C+ — Hot holding

1. Monitor and record temperatures as set out in your food-safety procedures

2. Cool cooked food quickly, using small portions or shallow containers, then refrigerate promptly

3. Do not refreeze thawed raw food unless it has first been cooked safely; cool it promptly before freezing

4. *Use a validated time/temperature combination for your food. Reheat until steaming hot throughout. In Scotland, CookSafe specifies reheating to at least 82°C, or an appropriate equivalent where that would spoil the food. Reheat the finished dish only once.