



Food safety advice

PRODUCING COOKED RICE SAFELY

The problem with rice



Cooked rice can cause food poisoning if left for too long at room temperature. This is because bacteria in the rice can produce toxins (poisons) at room temperature, which cannot be destroyed by further cooking or reheating. These toxins can cause food poisoning.

Follow these simple guidelines for handling rice safely:

Storage

- Store uncooked rice in washable pest proof containers with lids.
- Do not use old tin cans as scoops - instead, use clean plastic or metal scoops.
- Practice good stock control to ensure that the rice is not stored for too long.

Preparation and cooking

- Wash rice thoroughly before cooking and remove any foreign bodies (e.g. stones).
- Use clean equipment.
- If possible, cook only the quantity required for each service period and throw away any leftover rice.





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Cooling and storage

- Cool cooked rice quickly. Try to cool cooked rice and place it in the refrigerator within a maximum of 1.5 hours after cooking.
- Cooling large quantities of cooked rice may take several hours. To reduce this time to 1.5 hours or less, divide the rice into smaller portions, or into large shallow dishes.
- Once cool, cover the rice and store in the fridge until needed.
- Cloths and towels **should not be used** as a cover because they can carry harmful bacteria. Instead, use clean lids, aluminium foil or cling film to cover the rice.

Hot Holding

- Rice can also be kept hot (in a bain marie or rice cooker etc.) as long as it is kept at a temperature of 63°C or hotter.

Reheating

- Only remove **small amounts** of rice from the fridge for the cooking period - enough for about one hour.
- Keep the rest covered up in the fridge until needed.
- Rice that has been kept in the fridge may stick together and form clumps. **Do not** use your hands to break up these clumps. Use clean utensils instead.
- Rice must be thoroughly reheated until it is piping hot throughout. A temperature of 75°C must be reached.