

Food Safety Information

EQUIVALENT CORE COOKING TIME/TEMPERATURE

Safe cooking of food

Food must be cooked for a sufficiently long time to ensure pathogenic bacteria are reduced to a safe level.

At higher temperatures pathogenic bacteria are destroyed quicker.

The chart below shows minimum time periods that different cooking temperatures have to be maintained in the centre or thickest part of the food / e.g. at 70°C most bacteria will be destroyed after 2 minutes.

These core temperatures should be checked using a probe thermometer.

TEMPERATURE	TIME
60°C	45 minutes
65°C	10 minutes
70°C	2 minutes
75°C	30 seconds
80°C	6 seconds

HELP AVAILABLE

Your Trade Associations or your local Environmental Health Officer will be only too pleased to help you if you need any advice on the safe handling of foods, and on disinfectants.



**Brighton & Hove
City Council**