



# Sous Vide Cooking Method



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The #1 Operations Management Platform

The template provided here has been created as a general guide by Operandio and may need to be adapted to cover all regulatory requirements for your business.

We recommend consulting your local food safety authority for clarification and assistance with your specific record-keeping requirements.

# Sous Vide Cooking Method



Use this form for any vacuum-packed food, cooked into water bath or ovens, if the cooking temperature is below 75°C. Make sure to update this form whenever you add or remove food items from your menu or modify food preparation procedures.

All food must be cooled from **60°C (140°F) or less to 21°C (70°F) within 2 hours**, and from **21°C to 5°C (41°F) within a further four hours** for a total of 6 hours.

Menu item	Food category 1 or 2*	Cooking temperature (55-75°C)	Maximum thickness of food	Heating time to core temperature for Category 1 foods		Cooking time based on cooking temperature		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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\* **Category 1:** Foods other than whole muscle red meats or seafood that must be cooked correctly. **Category 2:** Whole muscle red meats or seafood.

\*\* 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

Completed by:

Signature:

Date: