

Safe method:

# Rice

It is essential to handle rice safely to make sure it is safe to eat.



## Safety point

When you cook rice or dishes containing rice, make sure they are very hot (steaming) all the way through.

If you cook rice to serve later, or use in another dish (e.g. for egg fried rice), make sure the rice is very hot or properly chilled until you use it. See the 'Eggs' safe method for advice on egg fried rice.

You can keep rice hot in a rice cooker if you leave it on. See the 'Hot holding and delivery' safe method for more advice on keeping food hot.

If you chill down rice, do this as quickly as possible, ideally within one hour.

You can chill down rice more quickly by dividing it into smaller portions, spreading it out on a shallow tray, or putting a container of hot rice into a larger container of cold water or ice.

Never leave rice in the rice cooker, steamer or pan to cool down.

When you have chilled down rice, keep it in the fridge until it is used.

See the 'Chilling down hot food' safe method.

## Why?

Rice can contain spores from a type of harmful bacteria. If cooked rice is left at room temperature, the bacteria could start growing again from the spores. These bacteria will multiply and may produce toxins (poisons) that cause food poisoning. Reheating will not get rid of these.



If rice is chilled down too slowly, or left out at room temperature, bacteria could start growing again from the spores.



## How do you do this?

List the dishes containing rice that you prepare or cook.

How do you keep rice hot?

If you chill down rice, how do you do this?

## Think twice!

If you reheat rice, make sure it is very hot (steaming) all the way through. Do not reheat rice unless it has been chilled down safely and kept in the fridge until you reheat it. Do not reheat rice more than once.

## Check it

Check that rice and dishes containing rice are very hot (steaming) all the way through, with no cold spots.



If you do not do this, what do you do?

## What to do if things go wrong

- If rice is not hot enough after reheating, reheat the rice for longer and then test it again.
- If cooked rice has not been kept very hot, or properly chilled, throw the rice away.

## How to stop this happening again

- Check your equipment is working correctly.
- Review your method for cooking/reheating rice. You may need to increase the time and/or temperature, use different equipment or change the size of portions.
- Train staff again on this safe method.
- Improve staff supervision.

 **Write down what went wrong and what you did about it in your diary.** 