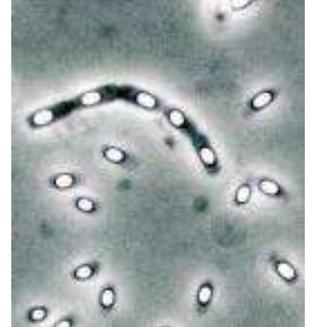


SAFE RICE IN CATERING PREMISES

Whilst most people would regard chicken as a possible source of food poisoning, very few people would regard cooked rice as a risk - But it is!

When you cook rice not all the bacteria are killed and as it cools the bacteria called *Bacillus cereus* start to grow. *Bacillus Cereus* is a species of bacteria that can cause food poisoning. It is a spore forming bacteria that will grow and multiply in food that is left standing at room temperature. A very heat resistant, poisonous toxin is then produced which will not be destroyed by reheating. This can lead to serious food Poisoning illness.



Food Poisoning from *Bacillus Cereus* can occur in two different forms; diarrhoea and vomiting. The type that causes diarrhoea is accompanied by abdominal pain and symptoms begin to occur around 8-16 hours after the food has been eaten.

So how do you produce rice safely, without putting your customers at risk?

The guidelines on the next page illustrate good practice when handling large volumes of cooked rice.

**For further information on food safety issues, please contact
The Health, Safety & Food Team, Public Protection,
1st Floor, Lewis House, Manvers Street, Bath, BA1 1JG**

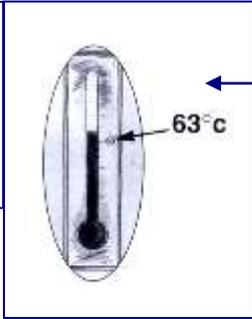
Telephone: **01225 477508**
Fax: **01225 396142**
E Mail: public_protection@bathnes.gov.uk

With thanks and acknowledgment to Coventry City Council

Ideally cook rice as close to the service time as possible, this will not allow the bacteria enough time to grow.

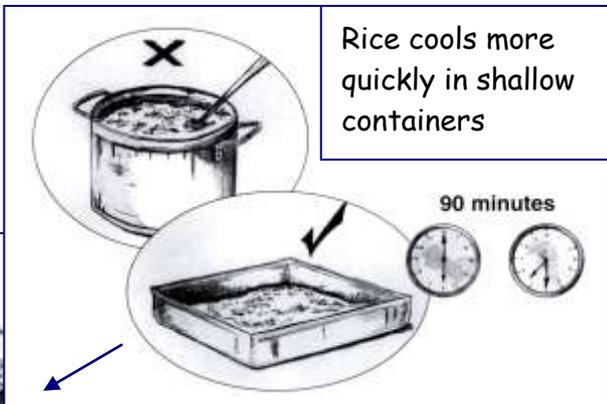
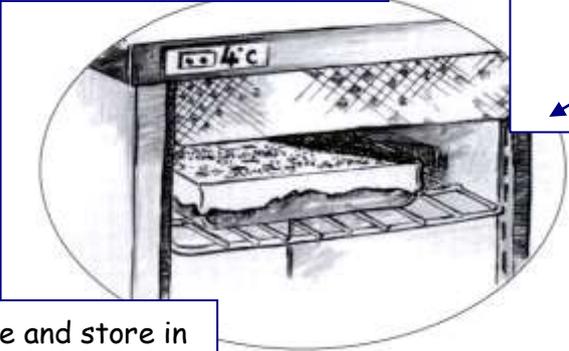


Keep rice hot above 63°C throughout service time



If you need to prepare the rice in advance then...

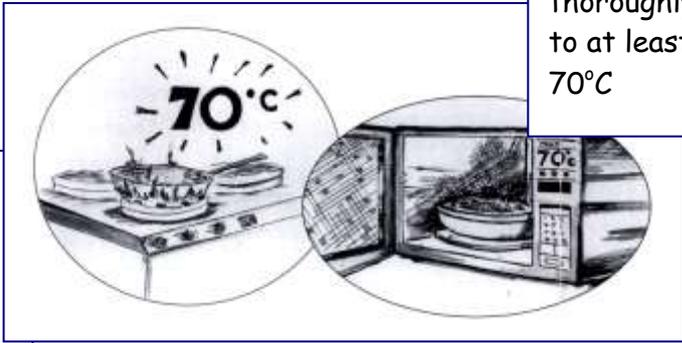
Cool rice very quickly this should take no more than 1 ½ hours



Rice cools more quickly in shallow containers

Cover rice and store in the fridge at 1-4°C

Re-heat the rice thoroughly to at least 70°C



Reheat rice only once and serve immediately