

Kitchen Safety & Food Hygiene Guide

For Chefs & Culinary Professionals

Cold & Hot Storage Temperatures

- 🔵 Chiller (fridge): 1°C to 4°C
- 🔵 Freezer: -18°C or below
- 🔴 Danger Zone: 5°C to 63°C (Bacteria grow fast here!)
- 🔴 Cooking Temperature: 75°C and above 1Core temp
- 🔴 Reheating Temperature: 76°C (Reheat only once)
- 🔵 Hot Holding: 65°C
- 🔵 Ideal: 63°C
- 🔵 Minimum: 63°C

Stock Rotation Systems

- FI FIFO = First In, First Out (Use older stock first)
- FE FEFO = First Expiry, First Out (Use soon-to-expire items first)

Food Safety Basics

- 🔵 Boiling Point of Water: 100°C
- 🔵 Safe Food = Free from harm, hazard, or illness

Receiving Temperature Checklist

- 🔵 Chilled Products ≤ 4°C
- 🔵 Under cold running water (<21°C)

Types of Food Hazards

- 1 Microbiological – Bacteria, viruses
- 2 Chemical – Cleaning agents, sprays
- 3 Physical – Hair, glass, metal pieces
- 4 Allergens – Nuts, dairy, gluten, etc.

Receiving Temperature Checklist

- 🔵 Chilled Products: ≤ 4°C
- 🔵 Frozen Items: ≤ -18°C
- 🔴 Hot Delivered Food: ≥ 63°C

Cooling Hot Food Safely

- Option 1: Blast Chiller
Cool to ≤ 5°C in 90 minutes
- Option 2: Ice Bath + Chiller
Cool to ≤ 20°C in 2 hours, then ≤ 5°C in next 4 hours

Defrosting Method

- 🔵 In chiller (≤ 8°C) OR
- 🔵 Under cold running water (<21°C)
- Final core temp: 1°C to 5°C



Survival Guide For Culinary Professionals

Peipei Pang



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