

Sous Vide Cooking

At A Retail Food Establishment

THE HACCP PLAN

1.

If you are using a Sous Vide style of cooking in your restaurant, you must develop a Hazard Analysis & Critical Control Point (HACCP) Plan. A HACCP plan helps you identify where hazards are in your cooking process and what you can do to mitigate those hazards.



Your HACCP plan records will be specific to your operation, but may include:

- Cooking logs
- Cooling logs
- Refrigeration temperature logs
- Employee training

Your local Environmental Health Officer can help you with this plan.



2. VACUUM SEALING AND COOKING THE FOOD

Place food into a vacuum seal bag in one of two ways:

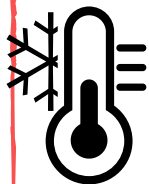


- (1) The food item is put into the vacuum seal bag raw, immediately sealed, and cooked in the bag
OR
- (2) The food is cooked first, then put in a vacuum seal bag and sealed before the temperature drops to 135F

Cooking time and temperatures must meet
18 AAC 31.232

3. COOLING SOUS VIDE FOOD ITEMS

3.



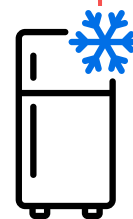
Cooked sous vide food items must be cooled:

First, from 135F to 70F within 2 hours
Then, from 70F to 41F within four additional hours

4. STORING SOUS VIDE FOOD ITEMS

When storing cooked & cooled sous vide food items:

- (1) store food at a temperature of 41F or below, for **7 days or less**
OR
- (2) Once cooled to 41F, continue to cool food to 34F within 48 hours and hold at 34F or less, for up to 30 days
OR
- (3) hold frozen with no shelf life



5. ADDITIONAL REQUIREMENTS

- Must be consumed onsite. Sale or distribution to another entity is prohibited.
- Package is labeled with product name and packaging date.
- Sous vide operations must occur in a separate space from other kitchen activities
- Posted signage in packaging area listing: products to be cooked sous vide and a warning against packaging other products in area.
- Employee using sous vide equipment must be trained.
- HACCP records must be kept for 6 months



FOOD SAFETY AND SANITATION
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For a full list of Sous Vide and HACCP requirements, please consult the State of Alaska Food Code Regulations 18AAC 31.260 & 18 AAC 31.265