

Food Type	State	NSF Recommended Core Temperature °C
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Source: http://www.nsf.org/consumer/food_safety/fsafety_cooking.asp?program=FoodSaf

Cooling Cooked Meats

During cooling, the product's maximum internal temperature should not remain between 54° and 27° C for more than 90 minutes nor between 27° and 4° C for more than 5 hours. This cooling rate can be applied universally to cooked products (e.g., partially cooked or fully cooked, intact or non-intact, meat or poultry)⁵⁶.

Do not put cooked meats straight into a blast freezer because you will freeze the outside of the meat and provide a barrier to the hotter meat in the centre to cool. As a guide, always let cooked meat cool for 60 minutes at room temperature before refrigerating or using a blast chiller⁵⁷.

HACCP & Demonstrably Safe Working Procedures

Hazard Analysis & Critical Control Point ([HACCP](#) or *hass-up*) is a food management safety system based on risk assessment analysis with process based controls over food borne hazards developed by NASA during the Gemini and Apollo space missions⁵⁸ The HACCP system is based on *documented* evidence of safe control procedures designed to *minimise risk* of food poisoning or contamination which would support a *due diligence defence* if you were investigated and prosecuted.

The Law

[Environmental Health Officers](#) in 434 Local Authorities are legally bound to investigate complaints made anonymously by the public or otherwise. The defence against *criminal prosecution*⁵⁹ for health and safety offences relies on proving that safe procedures were implemented in event of Environmental Health or [Food Standards Agency](#) investigation or civil action over food poisoning.

It is a legal requirement of any food producer or food business to comply with Food Hygiene Regulation (EC) 852/2004, Food Safety Act 1990, Environmental Health orders and [at least](#)

⁵⁶ [Guidelines for Cooling Meat Products](#)

⁵⁷ Conversely, if you are working meat it is good practice to refrigerate batches of worked meat in a deep freeze for a few minutes since the core temperature may not have changed dramatically. You can test this with a probe thermometer and incorporate this into your HACCP plan.

⁵⁸ [“From Farm to Fork”: How Space Food Standards Impacted the Food Industry and Changed Food Safety Standards](#) by Jennifer Ross-Nazzal.

⁵⁹ Magistrates courts may impose a fine of up to £20,000 per offence and a prison sentence of up to six months. For most offences Crown courts may send offenders to prison for up to two years and /or impose unlimited fines.