



## A guide to reheating and storing leftovers

### Leftovers

- Cool leftovers as quickly as possible, ideally within 90 minutes (splitting into smaller portions can help). Then cover and refrigerate.
- Do not put warm food into a cold fridge. Fridges must be below 5C.
- Use leftovers within two days (or unless stated otherwise on the course) and reheat till steaming hot.
- Don't reheat leftovers more than once.

### Fridges/Freezers

- You will be advised as to how long you can keep your food for in the fridge. But if in doubt no more than 2-3 days. If egg yolk based (e.g mayonnaise) **absolutely** no more than 2 days.
- You will be advised on the course if the food is suitable for freezing. Freeze your leftovers. Wait until they've cooled before you put them in the freezer.
- Always defrost leftovers completely, either in the fridge or in the microwave.
- Cook the food within 24 hours of defrosting until steaming hot and do not refreeze.
- Make sure your fridge temperature is below 5C.

### Rice and Food Poisoning

#### How does reheated rice cause food poisoning?

Uncooked rice can contain spores of *Bacillus cereus*, a bacterium that can cause food poisoning. When the rice is cooked, the spores can survive.

If the rice is left standing at room temperature, the spores can grow into bacteria. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhoea.

The longer cooked rice is left at room temperature, the more likely it is that the bacteria or toxins could make the rice unsafe to eat.

**Symptoms of food poisoning**

If you eat rice that contains *Bacillus cereus* bacteria you may be sick and experience vomiting or diarrhoea about 1-5 hours afterwards. Symptoms are relatively mild and usually last about 24 hours.

**Tips on serving rice safely**

Ideally, serve rice as soon as it has been cooked, by either running under cold water until cold, drain and then place in a fridge or spread out to cool down as quickly as possible (ideally within one hour).

Keep rice in the fridge for no more than one day until reheating.

When you reheat any rice, always check that the dish is steaming hot all the way through.

Do not reheat rice more than once.