

How to Soup Safely

Soup is a relatively low risk food because dangerous food poisoning bacteria are killed by cooking. However, when cooking for other people, you should be able to show that you've done all you can to ensure the food you produce is safe to eat. If a food officer visits, they will also ask you questions around how you keep food safe and will expect some simple records. There are some examples in this document. The information below should help but your own Local Authority will be able to give you more advice and information if you need it.

Buying and choosing ingredients

Make sure you use a supplier you trust for your products. A local supermarket is fine

Check the food is in good condition, if it's wrapped make sure the packaging is intact, and has a date and the ingredients, including allergens, listed on the label.

Don't use foods that have past their 'use-by' dates.

It is legal to use foods that have past their 'best-before' date, but you will be taking responsibility for the quality of that item. Best before items will not be unsafe after the expiry date but may not taste as pleasant.

Cleaning and disinfection

Wash hands with hot water and soap, use a kitchen roll to dry them, then use the kitchen towel to turn off the tap.

The area where foods are handled and prepared should undergo a two-stage clean. This includes work surfaces, tables, trolleys, sinks, etc. That's a wash with detergent and rinse followed by disinfection. Products able to reduce the most dangerous food poisoning bacteria will be labelled with BS EN 1276 or BS EN 13697, some supermarket brands are suitable, just look for the numbers on the bottle.

Make sure you leave the disinfectant on the surface in line with the manufacturer's instructions. Most supermarket brands require a 5 min contact time to reduce bacteria to safe levels.

It's best to use the cleaning cloth only once so disposable cloths are a good purchase.

Equipment should be washed in the dishwasher or with hot soapy water and rinsed before being re-used.

Preparing the ingredients for cooking

Ensure all vegetables are washed, peeled, topped and tailed before cutting. Ensure that equipment and surfaces are cleaned and disinfected afterwards as described above. If using meat, any chopping or cutting must be followed by cleaning and disinfection of surfaces and equipment as described above. Remember to include taps and fridge handles. Wash hands too.

Cooking

Herbs and spices must not be added after cooking has finished because they may contain harmful bacteria. Add these ingredients so they are heated during the cooking process.

Cook the soup until bubbling. Bacteria are destroyed if food is heated to 75°C for 30 seconds so a bubbling soup will be safe.

Serving or cooling and re-heating?

Serving immediately is the safest option as the soup won't have the chance to cool down to a temperature where bacteria can grow.

Alternatively, pouring the hot soup into a flask to transport it to the warm hub will keep it at or above 63°C. Any lower and bacteria can survive and grow.

Cooling to re-heat

If serving immediately isn't an option, then you must cool the soup as quickly as possible. Some bacteria can produce toxins in food, and they won't be removed by heating. Slow cooling gives these bacteria a chance to produce their toxins. The soup should be cool enough to go in the fridge within 90mins. You could do this by putting it in a large flat container to increase the surface area, immersing it in an ice bath and stirring regularly. Stirring the soup regularly during cooling will also help it cool more quickly.

Once cold, the soup must be kept in the fridge until ready to re-heat. The fridge must keep the soup cold enough to slow down bacteria. It should be 8 °C or lower but if you can only check the air temperature of the fridge you should aim for 5°C or lower.

When transporting cooled soup to the warm hub and/or storing in the warm hub fridge, the soup should be kept at or below 8°C.

The soup should be re-heated until it is bubbling.

Storing cooked and cooled soup

Once the soup is safely cooled it becomes higher risk and should only be kept for two more days. You shouldn't rely on memory to know when the soup was made. Labelling the container with the date it was made or the date it should be used by is a better idea.

Allergens




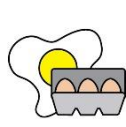
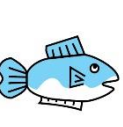
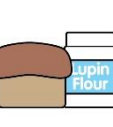








It is important that you can tell the consumers what's in the soup. Check the labelling of all the ingredients you use to identify allergens. Remember some stocks will contain multiple ingredients so it will be a good idea to keep the packing so you can give accurate information.

There are 14 allergens that you need to know about **Celery**, **cereals containing gluten** (such as wheat, barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Stocks often contain celery salt and mustard. There are some easy ways to record the allergen information so you can pass it on to customer such as the matrix below.

Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten* and/or the name of the nut(s)†)

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
(Example) Scotch Broth	✓	✓							✓					

Review
date:

Reviewed
by:

Soup making records

How any hazards in soup making are controlled

(This only needs to be completed once but will need to be reviewed if anything changes in your process)

Name of maker:

Date completed:

Process	How I do this safely
I check that there is soap, hot water and paper towels available before I begin work and understand how hands should be washed.	
I buy my ingredients from the following retailers	
Before preparation and after preparing raw vegetable and meat I carry out a two-stage clean.	Disinfectant used: Contact time of the disinfectant:
I cool my soup within 90 minutes using this method/s	

<p>I store my soup in the fridge and check the fridge can keep the soup at or below 8°C. This is how I check the fridge temperature</p> <p>I transfer my soup to the venue using this method.</p>	
<p>Once made I keep my soup for the day it's made plus two more days. Delete as appropriate</p>	<p>The soup is labelled with the date it should be used</p> <p>The soup is labelled with the day it was made and is only kept for 2 more days</p> <p>The soup is made and eaten straight away, and I don't keep left overs</p>

Soup making records to be completed for each production

Soup makers name and production address:

Soup served at:

Date:	Soups made	Allergy matrix completed (tick)
I followed my list of controls (tick):		
Fridge temperature at home:		
Fridge temperature at venue:		
Comments (record anything that went wrong and what you did to put it right)		

Soup makers name and production address:

Soup served at:

Date:	Soups made	Allergy matrix completed (tick)
I followed my list of controls (tick):		
Fridge temperature at home:		
Fridge temperature at venue:		
Comments (record anything that went wrong and what you did to put it right)		