

Environmental Services

**Advice to the Catering
Trade on the use of**

**Boiled and
Fried Rice**

Preventing *Bacillus Cereus* Food Poisoning

1. Avoid cooking large amounts of rice and if possible cook in smaller quantities to order.
2. Cook only the amount of rice required for the day. If there is any left over at the end of the working day, it should be thrown away.
3. Rice should not be cooked in the evening for use the following day.
4. The rice should be served immediately after cooking.
5. If the rice is not going to be served immediately it should either be:
 - (a) kept at a temperature above 63°C
 - or
 - (b) cooled rapidly in a cool place, protected from any risk of contamination, such as flies or dust.

Rapid cooling can be achieved by placing the rice in shallow trays, rinsing with cold water or by portioning. The rice should be cooled as quickly as possible, and must not be left at room temperature for longer than 1½ hours. It should then be placed in a refrigerator below 8°C and stored there until required.

6. Boiled rice should be removed from the refrigerator only when required for consumption.
7. Boiled rice should only be reheated once, to a temperature of 75°C, immediately prior to serving.

The Danger

- Boiled and fried rice are common accompaniments to many dishes but many food handlers are not aware that boiled and fried rice can be a source of food poisoning. The food poisoning organism involved is called ***Bacillus cereus***.
- The ***Bacillus cereus*** bacterium is already associated with the raw rice and although boiling the rice will kill the bacteria, some bacteria will produce spores which can survive. If the rice is eaten immediately no harm is done, but if it is left in a warm room these spores break open and the bacteria start multiplying.

- As the bacteria multiply they produce a toxin, or poison, which is not destroyed by further cooking/frying and when the customer eats the rice he or she suffers food poisoning symptoms, in particular, vomiting.

Fried Rice

When boiled rice is fried the bacteria and spores described overleaf are not destroyed. Therefore all boiled rice for frying should be treated as previously described and rice for frying should be removed from the refrigerator only when required for consumption. Other ingredients added to fried rice such as egg, ham, chicken, prawns etc can provide an ideal medium for the growth of many types of food poisoning bacteria, and correct storage and reheating is essential to ensure the safety of the product.

Prevent toxin (poison) production in rice by rapid cooling after cooking and then refrigerate until required for consumption.

Food Hygiene (England) Regulations 2006 and EC Regulation 852/2004.

This guide will assist you to comply with legal requirements. Failure to comply with the Food Safety Act 1990 and Food Regulations could result in a maximum fine of £20,000 for each offence.

Further information

For further information please contact:

Environmental Services
Rochford District Council
South Street
Rochford
Essex
SS4 1BW

For information on food safety please visit our website <http://www.rochford.gov.uk> follow the links from Business to Food Safety or telephone 01701 318045.



Rochford District Council
Council Offices South Street
Rochford Essex SS4 1BW
Telephone: 01702 546366
Facsimile: 01702 545737
Website: <http://www.rochford.gov.uk>