

HomeMeal.

Heating

Microorganisms in food multiply very quickly, especially at room temperature. Studies have shown that food that has been heated to over + 70 ° C can generally be classified as safe. Therefore:

- Thoroughly heat meat, poultry and seafood as well as soups and stews; at least 10 minutes at + 70 ° C
- Stir the food when heating it in the microwave to ensure that it is heated evenly
- Fry or cook meat and fish dishes completely. All parts must reach a temperature of at least + 70 ° C - use a roasting thermometer to be on the safe side
- Cook fresh fish until it is opaque and easy to cut into layers with a fork

Cooking temperatures

Standard advice is to cook food until it has reached a core temperature of 70°C for 2 minutes. The other time and temperature combinations are:

60°C for 45 minutes

65°C for 10 minutes

70°C for 2 minutes

75°C for 30 seconds

80°C for 6 seconds

Cooking food at the right temperature and for the correct length of time will ensure that any harmful bacteria are killed.

You can check the temperature of a food using a clean probe. Insert the probe so that the tip is in the centre of the food or the thickest part.

Dim ond unwaith y gallwch chi ailgynhesu eich bwyd.

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