

# SOUS VIDE COOKING AND VACUUM SEALING

## 1. THE HACCP PLAN

If you are using a Sous Vide style of cooking in your restaurant, you must develop a written Hazard Analysis & Critical Control Point (HACCP) Plan. A HACCP plan helps you identify where hazards are in your cooking process and what you can do to mitigate those hazards.

Your HACCP plan records will be specific to your operation, and will include:

- Cooking logs
- Cooling logs
- Refrigeration temperature logs
- Operational Procedures/Employee training

## 2. VACUUM SEALING AND COOKING

Place food into a vacuum seal bag in one of two ways:

(1) The food item is put into the vacuum seal bag raw, immediately sealed, and cooked in the bag.

OR

(2) The food is cooked first, then put in a vacuum seal bag and sealed before the temperature drops to 135°F.

Cooking time and temperatures must meet AMC 16.60.140 (3-401.11(A), (B), and (C)).

## 3. COOLING

Cooked sous vide food must be cooled:

- First, from 135°F to 70°F within 2 hours
- Then, from 70°F to 41°F within four additional hours.

## 4. STORING SOUS VIDE FOODS

When storing cooked & cooled sous vide food items:

(1) store food at a temperature of 41°F or below, for 7 days or less.

OR

(2) Once cooled to 41°F, continue to cool food to 34°F within 48 hours and hold at 34°F or less, for up to 30 days.

OR

(3) Hold frozen with no shelf life.

## 5. ADDITIONAL REQUIREMENTS

- Sale or distribution of vacuum packaged foods to another business/consumer is prohibited.
- Package is labeled with product name and packaging date.
- Employee using sous vide equipment must be trained.
- HACCP records must be kept for 6 months.



“ A HACCP PLAN REALLY HELPED DIAL IN OUR PROCESSES TO ENSURE THAT OUR PRODUCTS ARE CONSISTENT AND SAFE. ”



The complete requirements for writing a HACCP plan, utilizing vacuum sealing, and sous vide cooking methods can be found in the Municipality of Anchorage Food Code: 16.60.140 (3-502.11; 3-502.12; 8-201.14(B) and (D).

Contact your Health Inspector for further clarification  
(907)343-4200

