businesscompanion
trading standards law explained

Cooking instructions

In this section

Infographic

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According to the law instructions for use should be provided where it would be difficult to make appropriate use of the food in the absence of such instructions, otherwise they are voluntary

For food safety, it is important to provide instructions which ensure the food is safe to eat

Cooking instructions should be supported by cooking validation that proves the product will be safe to eat. This can be verified by internal or external food safety laboratories

Customers will often complain if adequate cooking instructions are not provided, or instructions are complicated and difficult to follow. Companies often align cooking instructions for similar products - for example, party foods

Best practice

Cooking instructions when provided should include:

Methods of cooking (only most appropriate)

Details of temperature and time

Brief cooking methods

Logos and pictures are often used as part of the cooking instructions

Warnings to support food safety:

- ensure the food is thoroughly heated before eating
- ensure chicken juices run clear before eating

COOKING METHODS

Oven:

- temperature in °C
- length of time
- any intervention during cooking - for example, 'turn over halfway through cooking'

Microwave:

- strength of microwave - for example, 800 W
- preparation of the pack - for example, 'pierce film'
- length of time
- any intervention during cooking
- waiting time after cooking

Other options may be included, but only where they are main cooking methods for the food:

• hob • air fryer • grill • barbecue

EXAMPLES

Instructions for use:



Fan oven

180 °C, 30 mins

Preheat oven, flip over halfway through cooking. Ensure it is piping hot throughout before eating



Hob

Medium heat, 10 mins.

Decant into a saucepan, stir regularly

< Allergens

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