

## Canadian Institute of Public Health Inspectors BC Branch Continuing Education Fall Webinar Series 2014

### Guidelines for Restaurant Sous Vide Safety in British Columbia September 24, 2014 from 09:00 - 10:00 (PDT)

Sous vide means to cook under vacuum. This method of low temperature long time cooking is widely used by Chefs to achieve tender and flavourful foods. Sous vide style foods might include a tough cut of brisket cooked for 72 hours, carrots cooked for 8 hours, or chicken breasts cooked for less than one hour at temperatures ranging from 55°C to 80°C. How can you recognize sous vide style cooking is occurring in your food premise? What equipment is needed for this cooking? What times and temperatures will ensure food safety? What procedures and techniques are critical for sous vide style cooking safety? Answers to all these questions will be given, along with an introduction to new BC guidelines for sous vide style cooking. The guidelines were developed in collaboration with Chefs and EHOs, and offer practical information to ensure safe handling and cooking of sous vide style foods at your premises.

**Lorraine McIntyre,**  
Food Safety Specialist,  
BC Centre for Disease Control



Lorraine McIntyre is a Food Safety Specialist with Environmental Health Services at the BC Centre for Disease Control. Lorraine has had a varied career, encompassing agriculture, medical diagnostics, education and food safety. She enjoys the science behind food safety, consulting with EHOs on food issues, providing education of food safety topics, writing up food issues into journals, and mentoring students to facilitate research questions.

**Sion Shyng,**  
Food Safety Specialist,  
BC Centre for Disease Control



Sion Shyng is a Food Safety and Dairy Plant Specialist, also with Environmental Health Services at the BC Centre for Disease Control. He is one of 2 provincial inspectors responsible for the licensing and inspection of dairy processing plants in BC. Sion has a food science and food manufacturing background having worked in various sectors of the food industry. He enjoys working of food safety and food processing consultations with EHOs and industry. He has also participated in provincial and national working groups to develop food safety training materials for farmers' market vendors and small food processors.