

Minimising the presence of acrylamide in food: proposal for a Code of practice of the European hospitality industry - DRAFT

Introduction:

Acrylamide is a chemical that naturally forms in starchy food products during every-day high-temperature cooking (frying, baking, roasting and also industrial processing, at +120°C and low moisture). It appears during the 'browning' of the food. In light of the conclusions of the European Food Safety Authority on the carcinogenic effect of acrylamide, and in order to help hospitality businesses which are not part of a large restaurant chain minimising the presence of acrylamide in the food they serve to consumers, HOTREC¹ makes the following recommendations.

1. Measures to avoid or minimise the formation of acrylamide in French fries and other cut (deep fried) potato products

To avoid as much as possible the formation of acrylamide, restaurants should consider the following:

- When reasonably possible, consider using potato varieties with lower sugar content;
- When reasonably possible, consider using a cooking oil which allows to fry quicker and/or at lower temperatures;
- Do not store your potatoes at a temperature lower than 6°C;
- When frying potato products and French fries, use lower temperatures, with a maximum frying temperature of 175°C;
- Cook French fries until you obtain a golden yellow colour:
 - Avoid frying until colour gets brown/dark;
 - Have always available in the kitchen for reference the frying colour guide developed by the European Potato Processors Association (see annex);
- Maintain good frying oil quality:
 - Skim frequently to remove fines and crumb;
 - Regularly refresh the deep-frying oil;
- If using frozen potato products: follow recommended cooking instructions.


2. Measures to avoid or minimise the formation of acrylamide in bakery products







To avoid as much as possible the formation of acrylamide, restaurants preparing their own bread and bakery products should consider the following:

- When making your own bread:
 - Bake it to a lighter colour endpoint;
 - When reasonably possible, consider using lower oven temperature with longer cooking time;
- Do not over-toast bread and bakery products: avoid dark brown colours;
- If using pre-packed bread or bakery products which are to be finished in the restaurant kitchen: follow recommended cooking instructions.

¹ HOTREC represents the hotel, restaurant and café industry at European level. This industry includes around 1,8 million businesses, of which 99% are small and medium sized enterprises (91% of them micro enterprises, i.e. employing fewer than 10 people). These businesses make up some 59% of industry value added. The hospitality industry provides some 10.2 million jobs in the EU alone. Together with the other tourism industries, the sector is one of the largest industries in Europe. HOTREC brings together 43 national associations representing the sector in 30 different European countries

Annex: frying colour guide developed by the European Potato Processors Association

 **Frying colour guidance for end users - Jan. 2016**

		Frying colour Agtron = 65 USDA = 0 <i>Light Golden</i>
		Frying colour Agtron = 55 USDA = 1 <i>Golden Yellow</i>
		Frying colour Agtron = 40 USDA = 2 <i>Golden Brown</i>