



## **KITCHEN SAFETY BASICS**

By: Chana (H/ O Officer Rosh- ATL)


Shalom Family, MHNCBUA! Today I'd like to discuss food safety. You may not realize it, but as a cook, you have a great obligation! Potentially, you could either help protect or unsuspectingly harm your loved ones. Alarming, I know... Let's try to reduce the negative aspect of this possibility. Consider these professional culinary tips to keep your family safe while preparing meals. Create your food with a bit of additional care to avoid food borne illnesses.



For more information use this link - <https://images.app.goo.gl/Ue4pSv9wPvR3uFVH9>



<https://images.app.goo.gl/UopumDaaRfRUg1JV9>

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## The top basics that any home cook could implement are as follows:

- ❖ Good Personal Hygiene
- ❖ Proper Cleaning & Sanitation
- ❖ Avoid & Prevent Cross-Contamination
- ❖ Avoid Time- Temperature Abuse
- ❖ Proper Cooling & Food Storage

**Now, let's break it down...**

### Good Personal Hygiene

It is essential to maintain self-cleanliness. Your skin & hair can carry harmful bacteria or pathogens which could contaminated food. Simply put... Hand washing is not the only factor in good kitchen hygiene. You must bathe daily, wear clean clothing as well as wash your hands thoroughly prior to any food preparations.

To properly wash your hands, use warm to hot water. Lather your hands with soap & scrub thoroughly (palm, between fingers, the top of the hands, wrists & nails- use a brush or gently agitate your soapy fingertips in your palms for a few seconds). Hand washing should take place for about 20 seconds. Rinse all soapy areas. Then, turn off the faucet with the paper towel used after drying your hands. Yes, this sounds a bit long winded, but is the proper way food & medical handlers wash

***Chef's Tip:*** Gloves can be a great tool. However, gloves are not a substitute for hand washing. They are an extra barrier of protection **for the food** from **you**. You should change them between tasks or once they become too soiled or ripped. It is also best that you wash your hands every time gloves and or tasks are changed.

### Proper Cleaning & Sanitation

Let's not confuse cleaned with sanitized... Prior to making food, tools & surfaces should be cleaned using warm to hot soapy water. Cleaning removes visible surface dirt & particles while sanitizing kills most harmful bacteria. Sanitizing is the process that reduces pathogenic organisms to safe levels.

To sanitize, use solutions that can kill most bacteria. This could be a natural concoction. Yet, the best way to go is to follow dilution instructions on chemical products made for the job (bleach, alcohol, bacterial killing cleaners, quats & one of my favorites—disinfecting wipes). Ideally, work surfaces & tools should be cleaned & sanitized before use. This may sound unnecessary, but nothing is easy at the start. Implement these strategies & a seemingly tedious task can become a good habit in time. All these extra steps will help prevent the spread of germs to protect your family.

*Let all your things be done decently and in order. (1 Corinthians 14:40)*



For more information please click the link - <https://images.app.goo.gl/PSSsVnD2Lsc3TG5VA>

**Chef's Tip:** Clean with ease & use antibacterial dishwashing liquids instead of its basic counterpart. Also, use disinfectant wipes to quickly sanitize in between tasks. See if your dishwasher has a “sanitize” setting. This could certainly be an easy extra precaution if available.

### Avoid Cross - Contamination

Cross-contamination is the transfer of bacteria or other contaminants from one food, work surface or piece of equipment to another. It is extremely important to avoid this contact between raw proteins and ready to eat foods like salads, cheese, deli meat & etc. Cross-contamination often occurs from mishandling such foods. Once you've handled raw eggs, fish, meat, or poultry; you must do several things. Be sure to put the contaminated tools or boards used in the dirty dish area or clean them prior to using again. Properly wash your hands. Then, clean & sanitize the surfaces & areas used (sinks, countertops, faucet handles, etc.). Yes, this is redundant. But you must always wash in between tasks or prior to handling foods that will be eaten without cooking. Utilize clean utensils & tools when beginning the next task.



<https://images.app.goo.gl/TTh5JdkDtzZffCBx7>

For more information click the link





### ***Did you know....***

Many meats have different temperatures of doneness (see the list below). You should use separate cutting boards, knives or utensils while working with raw or undercooked meats, poultry & fish. There are even color-coded boards available in stores to simplify this. I find gloves quite helpful when fabricating raw proteins, but this is certainly not necessary. Just remember to wash your hands between tasks & sanitize work surfaces before beginning another job. Disinfectant wipes are your friend...

### **Time- Temperature Abuse**

This may be something the home cook has never heard of. Yet, it is one of the most important factors in the culinary field and all eateries. Time- temperature abuse in common talk is simply exposing food to temperatures in which harmful bacterial can grow rapidly and potentially make food unsafe. A good rule of thumb is to keep cold foods cold and hot foods hot. Always try to avoid foods lingering in temperature on either end. When food is exposed to unsafe temperatures, food borne illnesses could occur. Bacteria multiply rapidly in the range of temperatures between 41 °F and 135 °F. This is known as the temperature danger zone. Keep your food safe & help avoid spoilage by reducing these possibilities.

### **Proper Cooling & Food Storage**

To begin the cooling process, you should aim to cool hot food down to 70 °F (about room temperature) within the first 2 hours. After this period, you have a total of 4 hours to get your dish cooled down to 41 °F or below. Foods should not be exposed to the danger zone for more than a 6-hour period. This is extremely important to those which may have to prepare large quantities of food. It's a great idea to have several full-sized steam table pans available to use for this purpose. Just simply wash them for another day after you've completed the cooling process.

To preserve freshness & longevity of the dish prepared, it is recommended to store food in airtight food storage containers or bags. Whichever is best suited for the job. Utilize your newly learned food safety skills on make ahead meals. I love preparing my F.O.T. meals ahead & freezing them for reheat. Now, you too could do so with food safety in mind.

When reheating foods, you should heat it to an internal temperature of 165 °F. Thus, killing any bacteria that may have grown during the cooling process. This can be ensured easily with the right tool. I highly suggest that you invest in a good quality digital food thermometer, a must have in my kitchen. This handy tool can also be used to assure that you cook your meats to the correct temperature of doneness. Cook with confidence & reduce undercooked or even dry overcooked meats.





## **Meat Temperatures of Doneness**

*Though these temperatures may fluctuate periodically with the Department of Agriculture, the basis remains the same.*

- ❖ Eggs- 145 °F
- ❖ Beef/ Lamb- 155 °F
- ❖ Boneless Chicken/ Poultry- 165 °F
- ❖ Fish- 145 °F
- ❖ Ground Meats/ Casseroles- 185 °F
- ❖ Whole Poultry- 185 °F



<https://www.cdc.gov/foodsafety/communication/bbq-ig.html>

### **Chef's Tips: Cooling Steps**

Speed up the cooling time of hot foods by splitting it into shallow layers. To do this, put the food in 2 or more pans or long containers to reduce the layer (less than 4 inches in depth). This will allow air flow to contact & cool the food faster. Stir it frequently. Friction will incorporate air sooner & speed up the cooling period.

Make sure to cool foods properly prior to storage. Here's how I'd continue the cooling process: Once it becomes room temp, consolidate it back into one container. For example, a large pot of hot chili could be cooled by pouring it into 2 large foil pans. Stir it occasionally during this period until it has reached 70 °F. When cooled, combine both pans into one airtight food storage container without the lid. Cover it with plastic wrap, poke holes in the plastic & refrigerate until it reaches 41 °F. At this point, you should remove the plastic & put on the proper cover (container lid or foil top) to preserve freshness. Remember to label it, writing what's inside & include the date. You can do this simply by using tape, label stickers or write directly on the zip bag using a permanent sharpie or pen that does not bleed.

### **Let's Sum It Up...**

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Hopefully, this summary of food safety basics can help bring awareness to your kitchen. The intent is not to kill all bacteria but to lower harmful bacteria to safe levels. You can introduce professional culinary strategies into your home using the tips above. Remember, good kitchen safety practices are essential and begin with you. This is especially important for those with compromised immune systems as they may be affected more greatly from exposure.

So, get started today & guard your kitchen. Lord's will, this info will better equip you to maintain good kitchen hygiene & food preparation habits. Though it may seem overwhelming at first, a little change is certainly worth maximizing healthy conditions in your home. Protect your loved ones & go the extra mile!

### ***The Extra***

### **How to: Be Food Safe**



***Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prosperity. 3 John 1:2***