



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

200
1822 - 2022

Food & Beverage Operations

BMIH4002

Week 7: Introduction to Kitchen

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Man Geni Addysg Uwch yng Nghymru
Where Higher Education Began in Wales

www.uwtsd.ac.uk

Module Assignments & Deadlines

Assignment 1 Student Journal <u>25%</u>	Assignment 2 Menu Engineering <u>25%</u>
Friday 18th of November <i>Draft Deadline:</i> Wednesday 19th of October	Deadline: Friday 18th of November 11.55PM <i>Draft Deadline:</i> Wednesday 9th of November

If you would like feedback on your drafts, please send them to me via email by the draft deadline

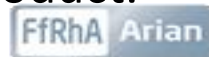


AS2: Menu Engineering

Hotel Trinity is a 4* city centre hotel, part of the Trinity Hotel chain, located in the United Kingdom (within your locality). Your task is to create and design a fixed price **Christmas Party** menu for Hotel Trinity (fictional hotel), that they can offer over the Christmas period. You must offer drinks packages on the menu. The menu will need to be designed on an A4 page format (Word / PowerPoint / Other). This can be a singular page, or 2 pages (as this could be printed back to back).

It is entirely up to you what menu items you include. However, you should consider the occasion and the location of the hotel, making sure you incorporate elements of this in to your menu. You should also choose dishes that would suitably represent a 4* hotel restaurant.

You will also be required to supply a reference list on a separate page, detailing the sources that you have used to create your menu. This could include references for images used, menu inspiration, theories you have studied and researched and so on. Your list must conform to UWTSD's Harvard Referencing Guide, a copy of which can be found on Moodle, under the Module Information tile. There is no requirement to provided in-text citations for this task, as we need to see the menu as a final product.



AS2: Menu Engineering

The look of the menu (layout, headings, font, colours and a logo created by you)

Number of courses, the dishes and cuisine

Seasonality of ingredients used

Theme, consider optional add ons such as entertainment or live music.

A suitable price-point, that reflects the location and offering and is competitive with local businesses. Consider weekdays vs weekends.

What information is needed on a menu (Allergens statement, vegetarian / vegan symbol etc. menu legend). Some of these are legal requirements whilst others are recommended / optional.

Availability – when is the menu available? Is a deposit or pre order required?

Offers / discounts to encourage more bookings

Beverages – be sure to state the measurements along with descriptive text that helps to describe and sell the items. Consider drinks packages you could offer.

Spelling and grammar – You are advertising the Hotel Trinity brand with this menu. Ensure you have accurate spelling throughout.

Menu planning fundamentals. Have you included descriptive language to help sell your menu items? Have you considered the local element?

What makes a good menu?

1. What makes a menu stand out?
2. What dishes do you enjoy in winter/during holidays/Christmas time?
3. From what date until what date would you run your menu?
4. What sort of price would you expect to pay for a 3 course Christmas Part meal?





Week 7:

Kitchen Brigade

Kitchen Layouts

Kitchen Safety

HACCP

Food Safety

Personal Hygiene

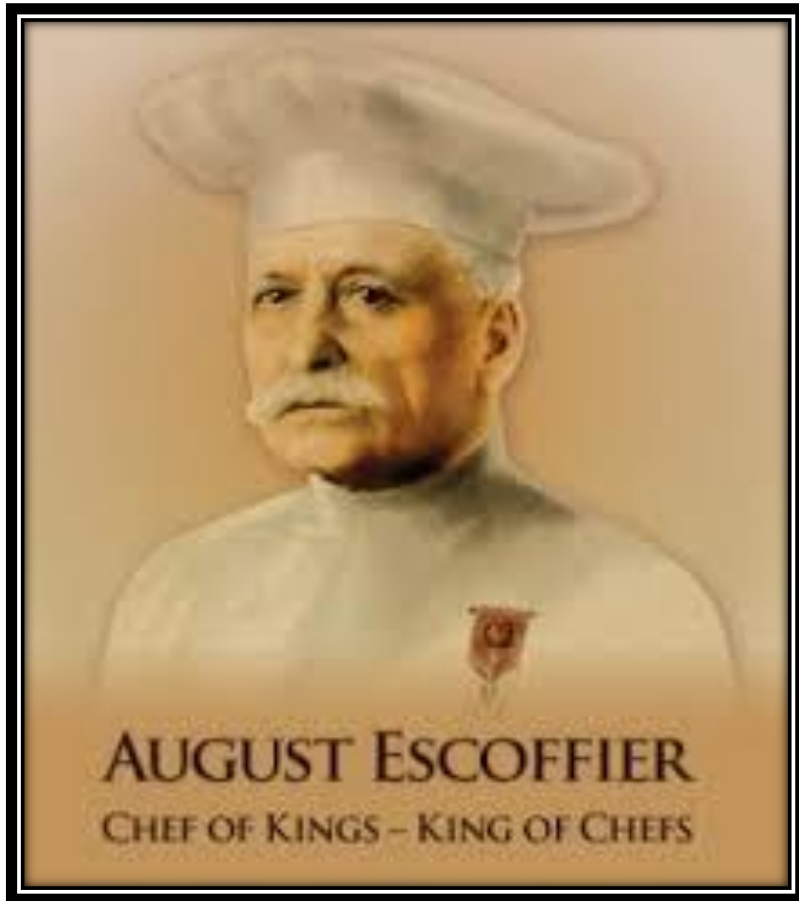


Learning Objectives:

Upon completion of this **lecture**, you should:

- Understand where the Kitchen Brigade comes from
- Be familiar with the different sections of a kitchen
- Be able to identify areas of Kitchen Safety

Escoffier's Kitchen Brigade



Auguste Escoffier

1846 - 1935

French Chef

Chef of Kings, King of Chefs

Developed the 5 French Mother Sauces
and "Brigade de Cuisine" System

The 5 Roles of the Kitchen Brigade

Chef Executif

Chef de Cuisine

Sous Chef de Cuisine

Chef de Partie

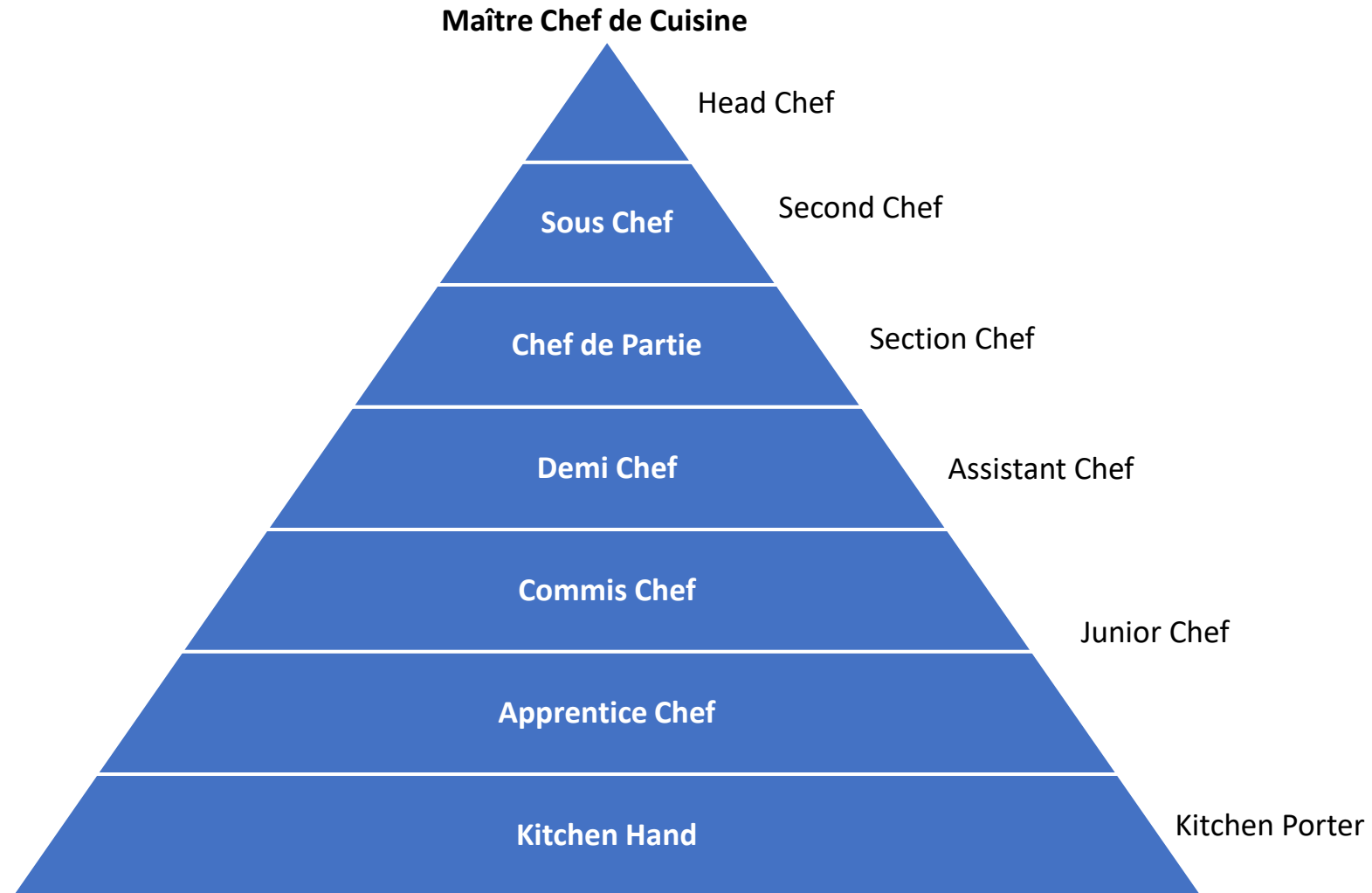
Commis Chef

(Gillespie, 2001)

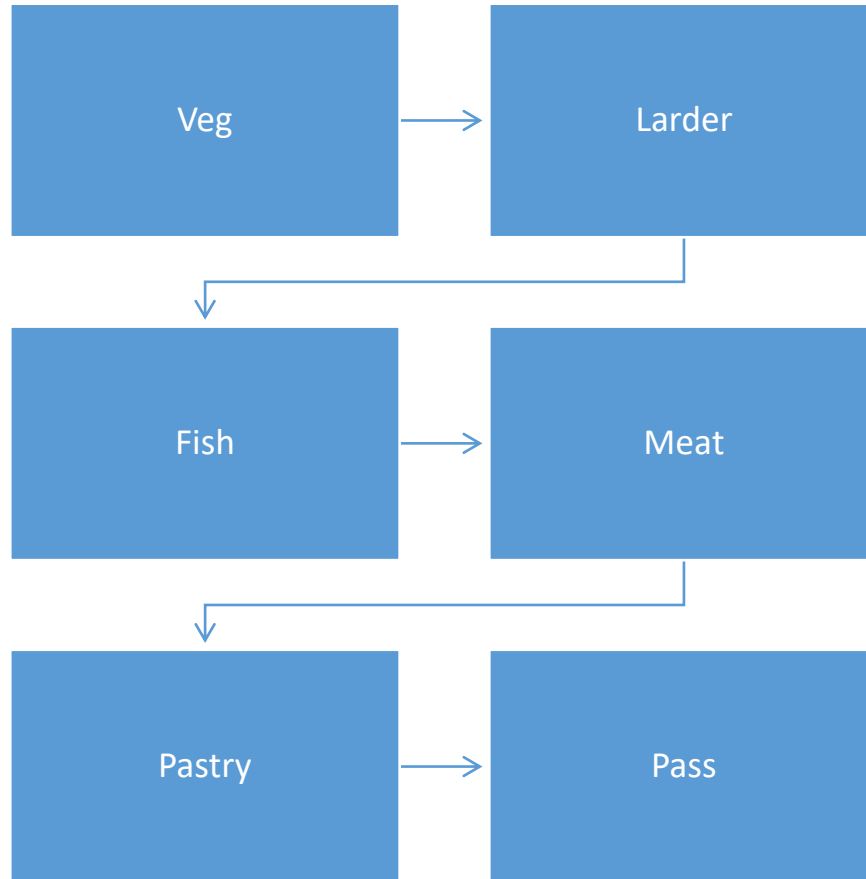
Escoffier's Brigade System



Today's Kitchen Brigade



Kitchen Layout - Sections

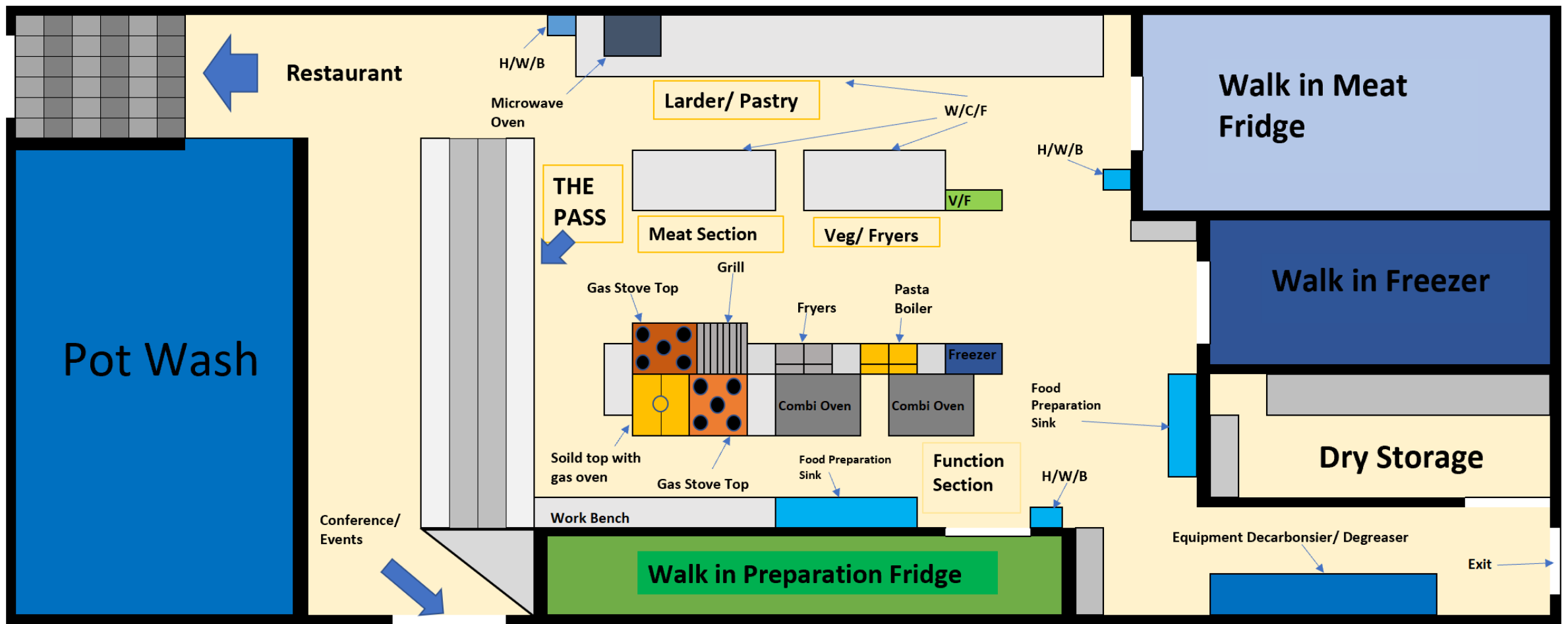


Top Tip: If trying to set up your own physical kitchen the space available will dictate what is possible. If space is a real premium try and keep the larder and pastry sections separate from the main kitchen as the dishes produced here really benefit from a cooler environment.

(Chef Word, 2022)

Behind The Brigade at The Ritz, London





High Protected Risk (HPR)

M/F - Meat fridge

F/F - Fish fridge

P/D/F - Pastry/ Dessert Fridge

D/F - Dairy fridge

L/F - Lader fridge

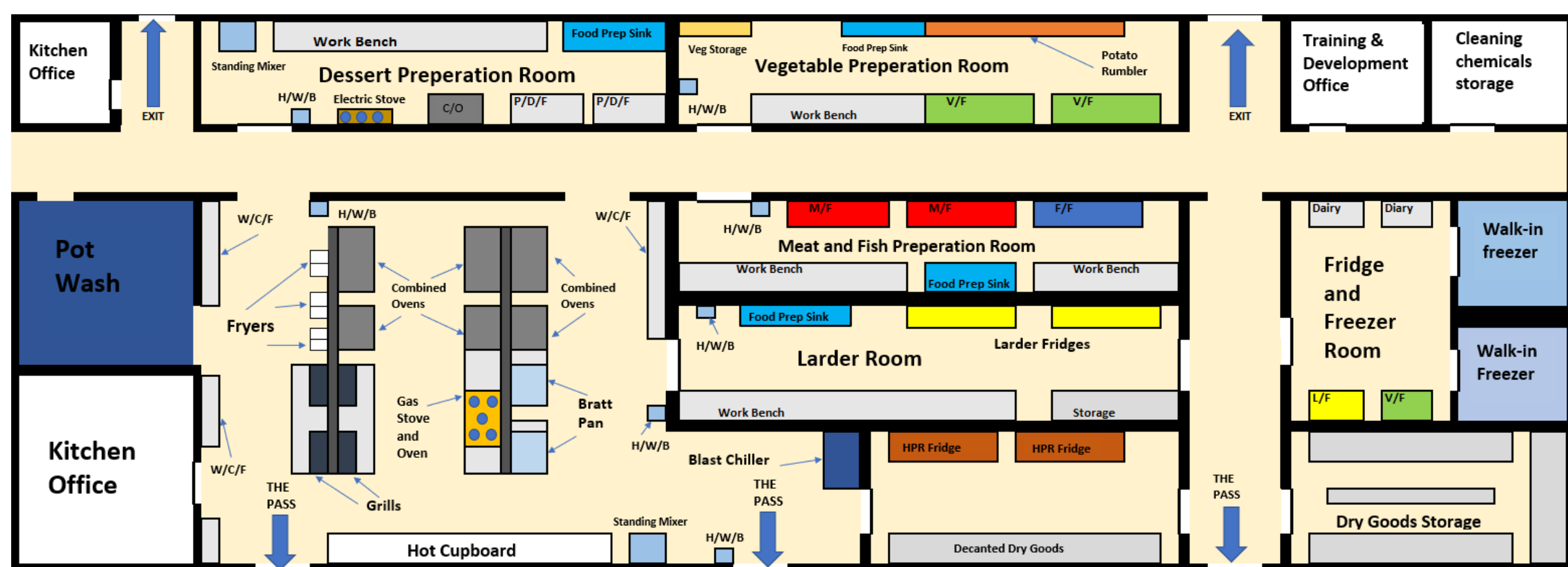
V/F - Vegetable fridge

W/C/F - Work top with Commercial Fridge

H/W/B - Hand Wash Basin

C/O - Combined Oven (Steam and Fan oven capabilities)

St Pierre Marriott Kitchen



High Protected Risk (HPR)
M/F - Meat fridge
F/F - Fish fridge
P/D/F - Pastry/ Dessert Fridge
D/F - Dairy fridge
L/F - Larder fridge

W/C/F - Work top with Commercial Fridge
H/W/B - Hand Wash Basin
C/O - Combined Oven (Steam and Fan oven capabilities)

Super Kitchen

Kitchen Safety

Safety is a civil duty and negligence is a criminal offence. With regard to health, safety and security, staff should:

- Understand food hygiene regulations and that it is their responsibility to act within the bounds of these regulations.
- Perform duties in any area concerned with the handling of food in a hygienic manner, pay attention to food hygiene regulations.
- Make themselves familiar with all escape routes and fire exits in the building.
- Ensure that fire exits are clear at all times.
- Participate in fire evacuation drills and practices.
- Take reasonable care for health and safety of themselves and others. Ensure the health and safety regulations are followed.
- Report to heads of department or duty managers any hazards which may cause injury or ill-health to customers and/or staff.



Health and Safety Law

What you need to know

All workers have a right to work in places where risks to their health and safety are properly controlled. Health and safety is about stopping you getting hurt at work or ill through work. Your employer is responsible for health and safety, but you must help.



What employers must do for you

- 1 Decide what could harm you in your job and the precautions to stop it. This is part of risk assessment.
- 2 In a way you can understand, explain how risks will be controlled and tell you who is responsible for this.
- 3 Consult and work with you and your health and safety representatives in protecting everyone from harm in the workplace.
- 4 Free of charge, give you the health and safety training you need to do your job.
- 5 Free of charge, provide you with any equipment and protective clothing you need, and ensure it is properly looked after.
- 6 Provide toilets, washing facilities and drinking water.
- 7 Provide adequate first-aid facilities.
- 8 Report major injuries and fatalities at work to our Incident Contact Centre on **0345 300 9923**. Report other injuries, diseases and dangerous incidents online at www.hse.gov.uk.
- 9 Have insurance that covers you in case you get hurt at work or ill through work. Display a hard copy or electronic copy of the current insurance certificate where you can easily read it.
- 10 Work with any other employers or contractors sharing the workplace or providing employees (such as agency workers), so that everyone's health and safety is protected.



What you must do

- 1 Follow the training you have received when using any work items your employer has given you.
- 2 Take reasonable care of your own and other people's health and safety.
- 3 Co-operate with your employer on health and safety.
- 4 Tell someone (your employer, supervisor, or health and safety representative) if you think the work or inadequate precautions are putting anyone's health and safety at serious risk.



If there's a problem

- 1 If you are worried about health and safety in your workplace, talk to your employer, supervisor, or health and safety representative.
- 2 You can also look at our website for general information about health and safety at work.
- 3 If, after talking with your employer, you are still worried, you can find the address of your local enforcing authority for health and safety and the Employment Medical Advisory Service via HSE's website: www.hse.gov.uk.

Your health and safety representatives:

Other health and safety contacts:

Fire safety

You can get advice on fire safety from the Fire and Rescue Services or your workplace fire officer.

Employment rights

Find out more about your employment rights at www.gov.uk.

Kitchen Signs: Type and Use

Type of sign	Use
Yellow warning signs 	These are warning signs to alert people to various dangers, such as slippery floors, hot oil or hot water. They also warn people about hazards such as a corrosive material
Blue mandatory signs 	These signs inform people about precautions they must take. They tell people how to progress safely through a certain area. They must be used whenever special precautions need to be taken, such as wearing protective clothing
Red prohibition signs 	Red signs tell people that they should not enter a particular area or carry out a particular action. They are used to stop people doing certain tasks in a hazardous area
Green safe signs 	These are route signs designed to show the location of fire exits and emergency exits. Green is also used for first aid equipment

COSHH – Control of Substances Hazardous to Health



Toxic/danger

Warning

Long-term
health hazard

Danger to
environment

Corrosive



Flammable



Oxidiser



Explosive



Compressed gas

COSHH

IS IT COSHH OR NOT?

WHAT IS A SUBSTANCE HAZARDOUS TO HEALTH UNDER COSHH?

Under COSHH there are a range of substances regarded as hazardous to health including:

- Substances or mixtures of substances classified as dangerous to health under the Chemicals (Hazard Assessment and Packaging) Regulations (CHIP) 2002.
- Substances which are listed in the COSHH Regulations as being particularly dangerous.
- Substances which are listed in the COSHH Regulations as being particularly dangerous to the environment.

KNOW YOUR SYMBOLS

Highly Flammable	Corrosive
Oxidising	Radiation
Biological	Harmful/Irritant
Very Toxic	General Danger/ Caution

1. ASSESS THE RISKS

This risk assessment must:

- Identify the hazardous substances present in your workplace.
- Consider the risks these substances present to people's health.
- Identify and consider who could be exposed to the substance and how often?

Remember to include all groups of people who come into contact with the substance.

Monitor control and the assessment will need to have access to and be updated for COSHH Regulations and relevant Approved Codes of Practice.

2. DEVELOP PRECAUTIONS

DECIDE ON WHAT PRECAUTIONS ARE NEEDED TO PREVENT OR REDUCE EXPOSURE

The COSHH Regulations require you to:

- Identify the risks to health from the substances in your workplace.
- Decide on what precautions are needed to prevent or reduce exposure to the substances in your workplace.

3. IMPLEMENT CONTROL MEASURES

USING THE CONTROL MEASURES

COSHH requires employers to have proper control measures in place to prevent or reduce exposure to the substances in your workplace. This is why employers must be fully trained, have suitable information and appropriate experience.

MAINTAINING CONTROL MEASURES

COSHH places specific duties on the employer to ensure that control measures are maintained. This is to ensure that every part of the control measure continues to work as originally intended.

4. MONITOR EXPOSURE

Under COSHH you must measure the concentration of hazardous substances in air.

5. CARRY OUT HEALTH SURVEILLANCE

COSHH REQUIRES HEALTH SURVEILLANCE TO BE CARRIED OUT IN THE FOLLOWING CIRCUMSTANCES

- Where an employee is exposed to one of the substances listed in Schedule 1 of COSHH and a risk assessment shows that the substance is particularly hazardous to health.
- Where an employee is exposed to a substance listed in a particular category of substances which is particularly hazardous to health.
- Where an employee is exposed to a substance listed in a particular category of substances which is particularly hazardous to health.

6. INFORM, INSTRUCT & TRAIN

ENSURE EMPLOYEES ARE PROPERLY SUPERVISED, INFORMED AND TRAINED

Employers must ensure that all employees who are exposed to the substances in their workplace are properly supervised, informed and trained.

7. PREPARE PLANS & PROCEDURES

PREPARE PLANS AND PROCEDURES TO DEAL WITH ACCIDENTS, INCIDENTS & EMERGENCIES.

COSHH requires a plan setting out the arrangements for dealing with accidents, incidents and emergencies.

WHAT IS NOT A SUBSTANCE HAZARDOUS TO HEALTH UNDER COSHH?

For the vast majority of commercial products, the product label will contain the following information:

- Product name
- Manufacturer's name
- Address
- Phone number
- Website
- Emergency number
- First aid instructions
- Precautionary statements
- Environmental statements
- Other statements

If a product label contains this information, it is not a substance hazardous to health under COSHH.

Fire Safety

Employees have a responsibility to assist in fire prevention, control and safety. They must ensure;

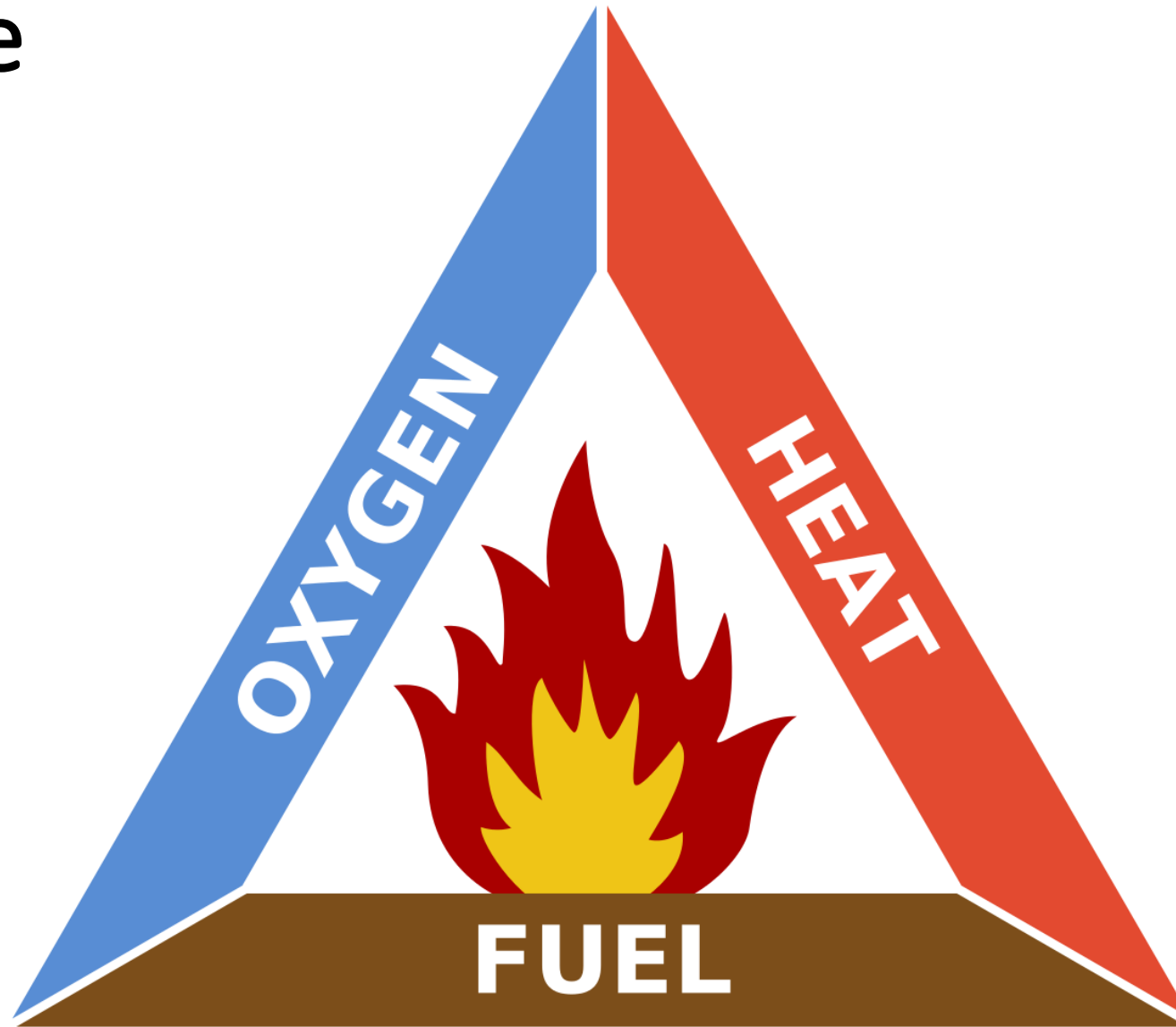
- that fire exits are not obstructed
- no smoking rules are observed at all times
- as far as is possible all electrical and gas equipment is switched off
- all doors and windows are closed when not being used for evacuation purposes
- fire doors are not locked or wedged open
- the procedure making an emergency fire call is known.

In the event of a fire alarm ringing employees need to be aware of the following:

- Usher customers out of the work area promptly pay special attention to customers with special needs
Walk, do not run.
- Ensure someone watches to see that there are no stragglers.
- Do not panic remain calm as composure will be imitated by others.
- Proceed as promptly as possible to the nearest assembly point.
- Never use a lift.
- Never enter the building until it is told it is safe to do so.



Fire Triangle



Using the correct Fire Extinguisher



Fire Extinguishers

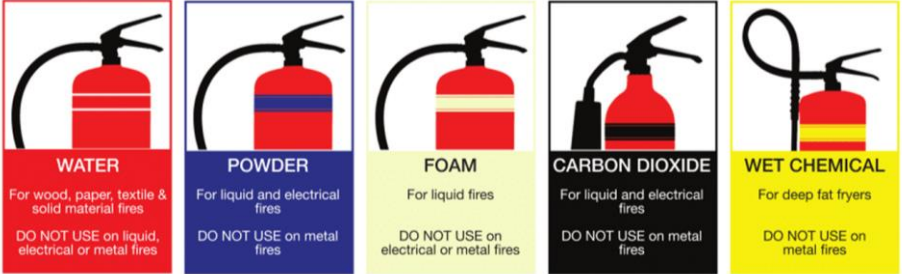


Table 2.4 Fire extinguishers and their uses

Contents	Water	Foam	Wet chemical	Dry powder	CO ₂
Label colour*	White on red	Cream on red	Yellow on red	Blue on red	Black on red
Class A Combustible materials	✓	✓	✓	✓	✗
Class B Flammable liquids	✗	✓	✗	✓	✓
Class C Flammable gases	✗	✗	✗	✓	✗
Class D Flammable metals	✗	✗	✗	✓	✗
Electrical fire (formally Class E)	✗	✗	✗	✓	✓
Class F Cooking oils and fats	✗	✗	✓	✗	✗

Which Extinguisher?



Grease Fire



Which Extinguisher?



Electrical Fire



Which Extinguisher?



Flammable Gas



Which Extinguisher?



Combustible Material

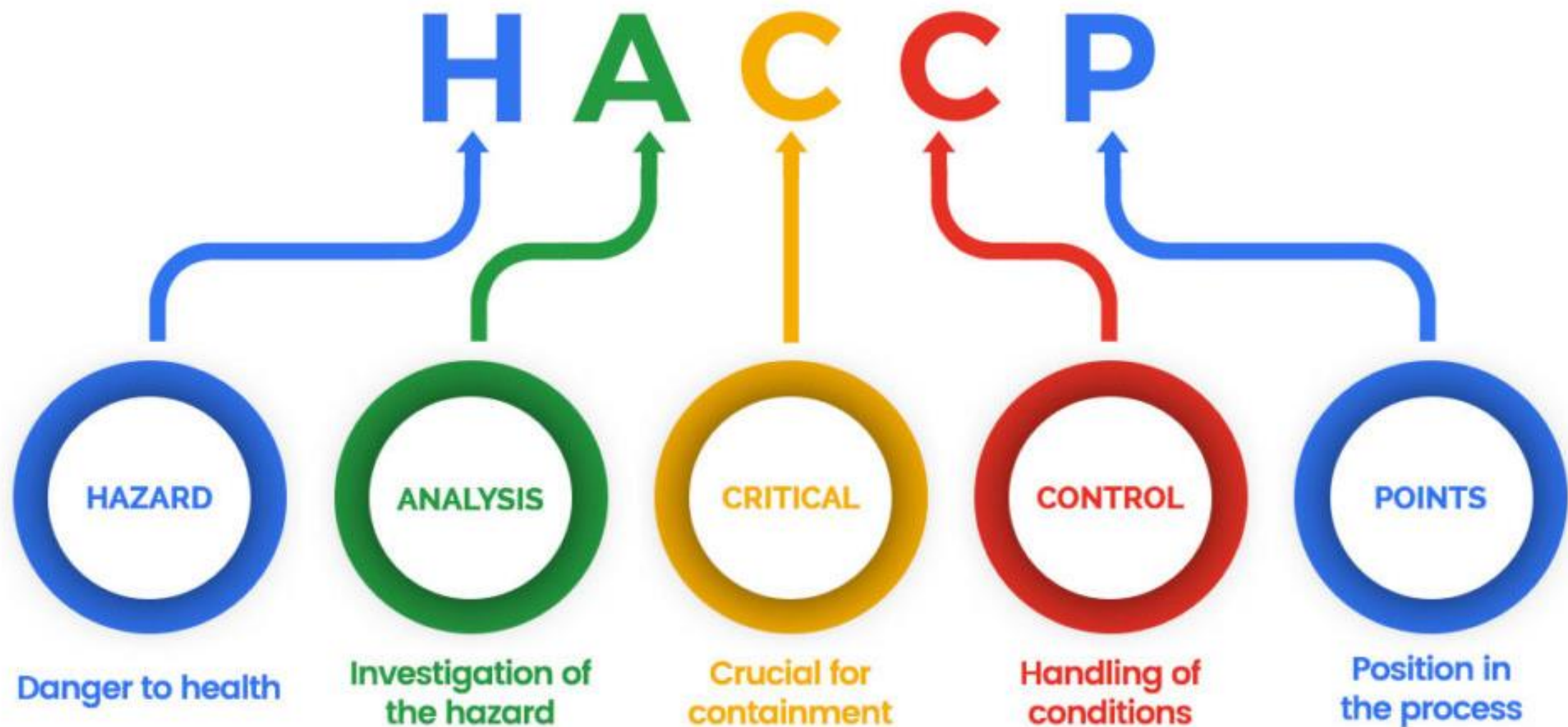




Opening & Closing Checks

The majority of establishments have an opening and closing check list which covers a lot of safety aspects.

- Inspecting for any objects that could cause slips, trips and falls
- Checking for damage to extinguishers



HACCP – Hazard Analysis of Critical Control Points

HACCP is a way of managing food safety hazards. Food safety management procedures should be based on HACCP principles.

HACCP involves:

- looking closely at what you do in your business, what could go wrong and what risks there are to food safety
- identifying any critical control points the areas a business needs to focus on to ensure those risks are removed or reduced to safe levels
- deciding what action you need to take if something goes wrong
- making sure that your procedures are being followed and are working
- keeping records to show your procedures are working
- It is important to have food safety management procedures that are appropriate for your business.

(Food Standards Agency, 2017)

The Food Safety Act 1990 & Hazard Analysis Critical Control Points (HACCP)

- Increased powers for environmental health officers
- Registration of food premises with the local authority
- The defensive due diligence if the person in charge of a kitchen operation can show that he or she took all reasonable precautions to avoid committing an offence then this can be used in defending any presentation under the food Safety Act 1990/95
- Providing safe food is management responsibility.
- In order to write say food safety control system needs to be implemented.
- The HACCP approach provides a means of ensuring the provision of safe food for customers.
- From January 2006, a documented HACCP system is a legal requirement for every size of food business.
- Hazard analysis identifies all the factors that could lead to hazards for the consumer; all ingredients, stages in the processing of foods, environmental features and human factors that could lead to unsafe food being served.



What is a Hazard?

A hazard is something that is dangerous. A food hazard is something that could make food unsafe or unfit to eat. It's important you can identify those stages in your business when hazards could be present so they can be removed or reduced to safe levels.

There are four types of food safety hazards:

- microbiological - involving harmful bacteria
- chemical - involving chemical contamination
- physical - involving objects getting into food
- Allergens – dairy, nuts, gluten etc.



(Food Standards Agency, 2017)

THE 7 PRINCIPLES OF HACCP

HACCP is an internationally recognized process for maintaining food safety. Here are the seven steps mandated in HACCP guidelines:







Personal Protective Equipment (PPE) at Work Regulations 1992 (Updated 2018)

These regulations require employers to assess the need for and to provide suitable personal protective equipment (PPE) and clothing. Employers must keep these items clean, in good condition and provide suitable storage for them.

Employees must use them correctly and report any defects or shortages.

PPE is not provided instead of other safety measures they are the final items in health and safety considerations.



Introduction to Kitchen Quiz



IT'S
QUIZ
TIME!



What are the hazards involved in food preparation and service?

A **hazard** is the potential to cause harm to the consumer and the main hazards are:

- **(Micro)biological**, such as bacteria, viruses, moulds and parasites, e.g. tapeworms
- **Physical**, such as glass, screws, stones and hair
- **Chemical**, such as pesticides and cleaning chemicals
- **Allergenic**, such as peanuts, tree nuts, sesame seeds, eggs and milk

Food hygiene is more than just cleanliness: it also includes all practices involved in:

- Obtaining food from a reliable, approved source
- Protecting food from risk of contamination
- Preventing any bacteria present from multiplying to high numbers
- Destroying any harmful bacteria in the food by thorough cooking or processing
- Throwing away unfit or contaminated food

What is Food Safety?



“Food safety can be defined as putting in place all of the measures needed to make sure that food and drinks are suitable, safe and wholesome through all of the process is of food provision.”

(Cousins and Weekes, 2020, pg 392)

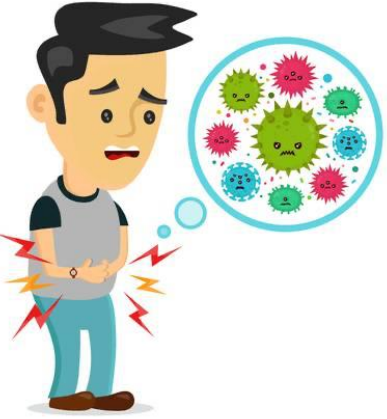
Food poisoning is unpleasant for anyone but for some the illness can be very serious or even fatal. **High risk groups** include: babies and the very young, elderly people, pregnant women, those with an impaired immune system who are already unwell.

Some foods pose a greater risk to food safety than others are called **high risk foods**. Some examples of high risk foods include;

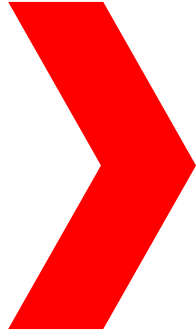
- soups, stocks, sauces and gravies
- eggs and egg products
- milk and milk products
- cooked meat and fish (and meat and fish products)
- any foods that need to be handled or reheated.

(Cousins and Weekes, 2020)

What happens when we have poor Food Safety practices?



- Abdominal pain
- Diarrhoea
- Vomiting
- Feeling sick
- Fever
- Dehydration
- Collapse



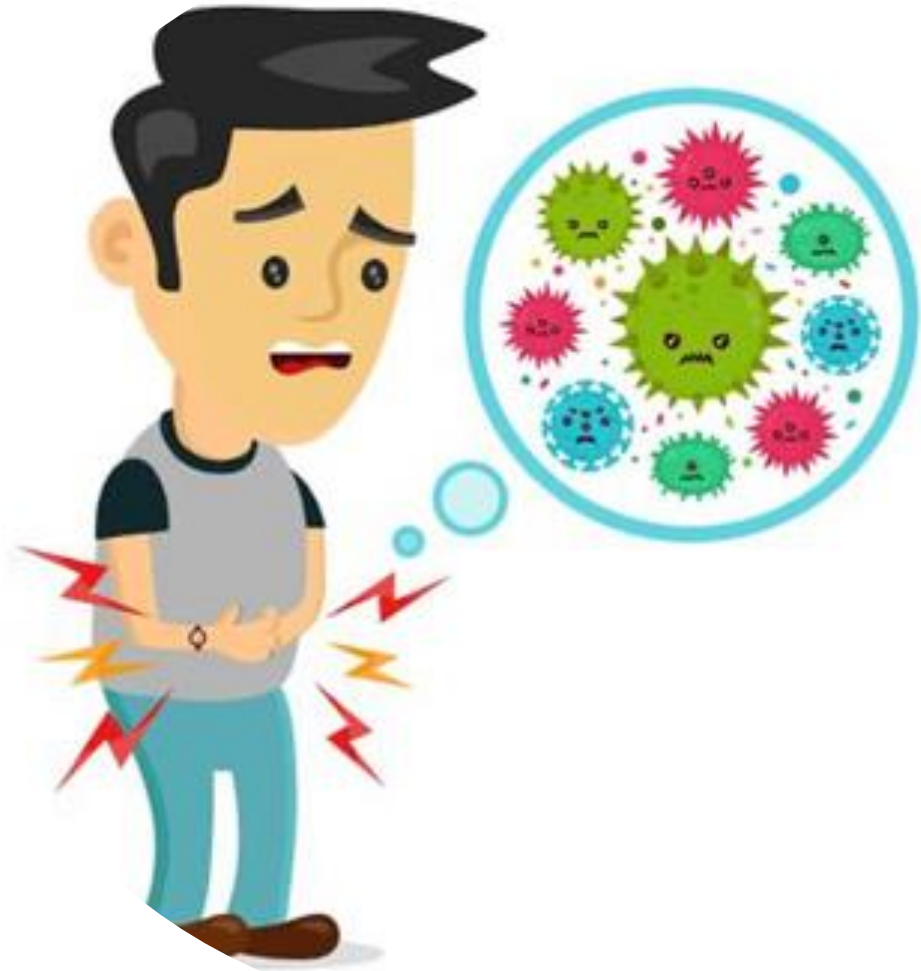
Food Poisoning

Food poisoning usually occurs within 1 to 36 hours of eating contaminated or poisonous food. Symptoms normally last from 1 to 7 days.

Every day, thousands of people in the UK suffer from food poisoning.

Many of these will be very ill and some of them will die. Those most at risk include the very young, the elderly, persons who are already ill or recovering and expectant mothers and their unborn babies.

The main reasons for food poisoning are negligence, ignorance, poor management, a poor food safety culture and a failure to implement good practices. Effective instruction and training will prevent food poisoning if the good practices food handlers are taught are implemented in the workplace.



Have you ever
experienced
Food Poisoning?



Common faults contributing to food poisoning

- Preparing food too far in advance
- Storing at room temperature
- Cooling food too slowly
- Not reheating food to a high enough temperature
- Buying food from unreliable suppliers and sources
- Undercooking
- Not thawing food correctly
- Cross contamination
- Eating contaminated raw food
- Storing hot food below 63c
- Unhygienic and infected food handlers

Food Poisoning Outbreaks 2019 - 2022

W What's On ▶ Food & Drink ▶ Newport

A Welsh hotel has been fined £9,000 for Christmas Day food poisoning outbreak

More than 20 people, including a three-year-old, fell ill after their meals

Pub food company pays thousands after 20 customers suffer from food poisoning

Food | National

Marwako Fast Food to be reopened after shutdown over food poisoning

N News ▶ Northamptonshire News ▶ Brackley

Pub chef sentenced after woman's death from food poisoning which struck 30 diners

The pub's landlord and operator company were also fined



Personal Hygiene for Food Handlers

To keep food safe, every person working in a food-handling area must maintain a high level of personal hygiene.

They must wear clothing that is:

- suitable
- clean
- protective

When preparing or handling food they should:

- keep hair tied back and wear a suitable head covering, e.g. hat or hair net
- not wear watches or jewellery (except a wedding band)
- not touch their face and hair, smoke, spit, sneeze, eat or chew gum

You must not allow anyone to handle food or enter a food handling area if they:

- are suffering from or carrying a disease likely to be transmitted through food
- have infected wounds, skin infections or sores
- have diarrhoea
- If any of these apply to a member of staff, they must tell their manager about it immediately.

Staff with diarrhoea or vomiting should not return to work until they have had no symptoms for 48 hours.



(Food Standards Agency, 2022)



Personal Hygiene - Handwashing

Effective handwashing is extremely important to help prevent harmful bacteria from spreading from peoples' hands.

All staff that work with food must wash their hands:

- when in the kitchen or preparation area
- before preparing food
- after touching raw food
- after handling food waste or emptying a bin
- after cleaning
- after blowing their nose
- after touching phones, light switches, door handles and cash registers
- Staff should dry their hands on a disposable towel. This is because harmful bacteria can spread on wet or damp hands. Use a disposable towel to turn off the tap.

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Office Hours

Monday to Friday
8.30am – 5pm

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