

BMGM4002

International Gastronomy Management

Placement - Culinary

Week 3 Food safety



Physical & Chemical Contamination

We must prevent objects and chemicals from getting into food.

We can do this by:

- Following manufacturers' instructions when using chemicals to clean.
- Storing chemicals away from food.
- Keeping food covered
- Controlling pests
- Clear and clean as you go
- Repair and replace kitchen utensils
- Have a 'no glass' rule in the kitchen



Maintenance

Effective maintenance is essential to allow us to clean properly and keep pests out.

- All kitchen surfaces should be smooth and easy to clean.
- Structural damage (tiles, damp, plaster damage) should be repaired immediately.
- Extractor fans and filters should be checked regularly.
- Replace worn chopping boards
- Repair/replace equipment
- Throwaway cracked or chipped dishes and tableware
- Temperature probes should be calibrated regularly



What are Pests?

- Rats and mice
- Flies and flying insects
- Cockroaches
- Ants
- Birds
- Beetles and Weevils



How to Prevent Pests

- Check premises
- Check deliveries
- Keep external (outside) areas tidy
- Restaurant renovation
- Make sure no dirty dishes are left out overnight

Remember we must avoid chemical contamination, for example, sprays or chemicals to manage pests. Usually, you would hire a professional company to deal with the problem.

<https://youtu.be/gz0CVbFXtJg>

How to Deal With Pest Infestation

It is often in the best interests of the business to employ the services of a professional pest control team like PEST UK. Not only will they be able to provide professional and adequate pest management and prevention services, but are also best placed to deal with any pest control problems immediately. PEST UK are member of BPCA, and so are always up-to-date with any changes in legislation.

Current legislation on pest management include;

•**Regulation (EC) 178/2002 of the European Parliament** – This regulation lays down the principles and requirements of food law. Article 14 of Regulation (EC) 78/2002 deals with unsafe food. It is an offence not to comply with Article 14 under the General Food Regulations 2004. Food shall be deemed unsafe if it is considered to be injurious to health or unfit for human consumption.

•**Regulation (EC) 852/2004** – These regulations lay down general hygiene requirements for all food business operators and state that:

- The layout, design and construction of food premises are to permit good food hygiene practices including protection against contamination and in particular, pest control.
- Adequate procedures should be in place to control pests

2 - Cleaning



Handwashing

Effective handwashing is essential to help prevent bacteria from spreading to food.

We must wash our hands continuously throughout our shifts.

How long should we wash our hands for?

When specifically should we be washing our hands?

<https://youtu.be/cCpr11OuYK>

Clean and Clear as You Go

Keeping our kitchens clear and clean makes them safer against hazards, for example, physical contamination or the contamination of allergen-free food.

- Take off the outer packaging before bringing the food into the kitchen or storeroom.
- Be mindful of packaging from raw food touching work surfaces.
- Wash and wipe up spills
- Wash work surfaces thoroughly between tasks.



Sanitiser vs Disinfectant

Sanitiser

A two-in-one product that acts as a detergent and a disinfectant. If using a sanitiser, first we must clean to remove grease and then again to disinfect.



Be sure to check the contact time of the chemical you are using, this is how long the chemical needs to be left on the item you are cleaning to work.

<https://youtu.be/bRh1N1My4GY>

Disinfectant

A chemical that kills bacteria. Check that surfaces are clean of grease, dirt and food before using a disinfectant.



Cleaning Schedule

A cleaning schedule is a useful tool to help you clean effectively in your business.

How to put together a cleaning schedule

1. Walk through the business and create a list of everything that needs cleaning.

Note the items that come into contact with food and employees/guests, these items will need to be cleaned and disinfected regularly.

2. With each item you should write down how you clean the items, what chemicals you use and how to use them, what equipment you use and how often it needs cleaning.

3. Train staff on the cleaning schedule.

4. Remember to carry out spot checks or encourage your managers/supervisors to check regularly.

CLEANING SCHEDULE

Business Name:

Week 1 Ending:

DAILY: *includes sanitising	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Floors							
Walls near food prep. area							
Waste Bins							
Bench Tops*							
Microwave							
Cooktops							
Handbasins*							
Sinks*							
Door Handles							
Coolroom							
Bain Marie							
Display Cabinet*							
Checked by:							
WEEKLY							
	Mon	Tues	Wed	Thurs	Fri		
	Dry Goods Store	Staff Toilets	Exhaust Canopy	Coolroom & Fridges	Light Fittings		
Checked by:							
MONTHLY							
Grease Traps	Checked by:						
Check Regularly: Ceilings Shelving	Exterior Grease Drums						

3 - Chilling



Chilled Storage

Chilling food properly helps to stop harmful bacteria from growing.

Foods that should be kept chilled: sandwiches, cooked meat and fish, cooked rice and pasta, cream-based desserts, food with 'use by dates' and food that specifies 'keep refrigerated' on the label.



IMPORTANT NOTICE FOR CATERING STAFF

REFRIGERATORS

Ensure that raw and cooked items are stored separately.

Removing wrapping materials from RAW meat and store the meat in a suitable container.

Store RAW meat BELOW other foods.

Ensure that items are stored correctly and allow for free circulation of air.

Store strong smelling food in a suitable airtight container.

Store foodstuffs in suitable containers.

Refrigerators should be regularly DEFROSTED and be thoroughly CLEANED with an odourless bacteriological detergent.

Ensure that your refrigerator is operating at the correct temperature.

0 Degrees C to +4 Degrees C
(+32 Degrees F to +40 Degrees F)

Check that doors have good seals, are close fitting and not left open unnecessarily.



Never store foodstuffs in open tins or cardboard boxes.

Never store food on the floor.

Never store hot foods in the refrigerator.

Never use a kettle or other sharp instruments to chip away ice when defrosting a refrigerator.

Displaying Chilled Food

Display cold food 8°C or below

If it is not possible to display cold food at 8°C or below then follow the '4 hour rule'.

You can only use the 4 hour rule once for that food.

Some foods require storage temperatures below 8°C.



Cooling Down Hot Foods

Harmful bacteria can grow in food that is not chilled down as quickly as possible.

How can we chill down food quickly?

- Divide food into smaller portions
- Cut joints of meat in half
- Cover pans of hot food and move them to a colder area (for example, storage room) or stand them in cold water/ice water.
- Stirring food regularly
- Spread the food out on a tray

HOW TO COOL FOOD PROPERLY

WHY IS IT IMPORTANT? Food that cools too slowly will stay in the Temperature Danger Zone for too long. When this happens bacteria can quickly multiply and make you sick when you eat the food.

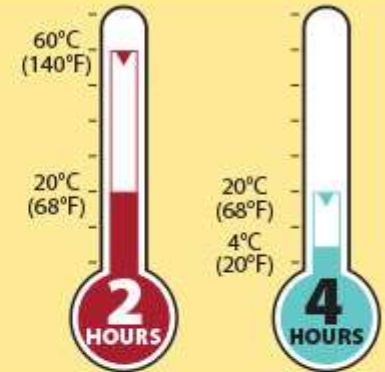
WHAT SHOULD YOU DO?

Food should be cooled quickly. The proper cooling method follows a 2 hour/4 hour rule and happens in two steps:

Food is to be cooled from 60°C (140°F) to 20°C (68°F) within 2 hours.

Then, food is to be cooled from 20°C (68°F) to 4°C (40°F) or colder within 4 hours.

Use a probe thermometer to check food temperatures.



METHODS FOR COOLING FOOD

Portion food into smaller amounts and refrigerate. Cut big pieces of meat into smaller pieces.



While cooling food in a refrigerator, leave a portion of the covering on the food pan open to allow heat to escape. Do not stack pans on top of each other as air must be able to circulate around the food.



Place a pan of food in an ice-water bath and stir the food.



Use chilling equipment if available, such as an ice wand or blast chiller.

Defrosting

Harmful bacteria can grow in food that is not defrosted properly.

Food should be thoroughly defrosted before cooking.

Options to defrost in the fridge, put it in a container under running cold water, defrost in the microwave or at room temperature.

Always check to make sure it has defrosted all the way through.

How to properly defrost foods in your kitchen?

Defrosting refers to **gradually melting the ice** formed during freezing. During defrosting, avoid the **temperature danger zone** for more than 2 hours.

Use this chart as a guide for safely thawing frozen food.



1 in the refrigerator

- Separate the food being thawed from other foods in the refrigerator.
- Place the food being defrosted in a catch basin.
- Cover the food with plastic wrap.
- Maintain the fridge temp consistently at 40°F (4°C).



2 in cold water

- Use a leakproof bag to contain the food.
- Replace the water in your catch basin every 30 minutes.
- Cook foods defrosted under running water immediately.
- Ensure that the food is submerged in water for even defrosting.



3 using a microwave

- Use the defrost setting of the microwave.
- Immediately cook foods defrosted in the microwave.
- Rotate the food being defrosted at regular intervals.
- If possible, cut the frozen food into smaller portions.



4 as part of the cooking process

- Ensure that the target temperature is achieved.
- Adjust the cooking time and temperature accordingly.
- Follow time and temperature increments in the recipe.
- Only use this method for foods that can thaw and cook at the same time (e.g., baked goods and patties)

Freezing

We need to be careful when freezing food and handling frozen.

Freezer should be set to -18°C

- Put frozen food away as soon as it's delivered.
- If you are freezing fresh food, freeze it as soon as it has been delivered or prepared.
- Freeze hot food as soon as its been properly chilled.
- Divide food into smaller portions and put it in containers or freezer bags before freezing.



4 - Cooking



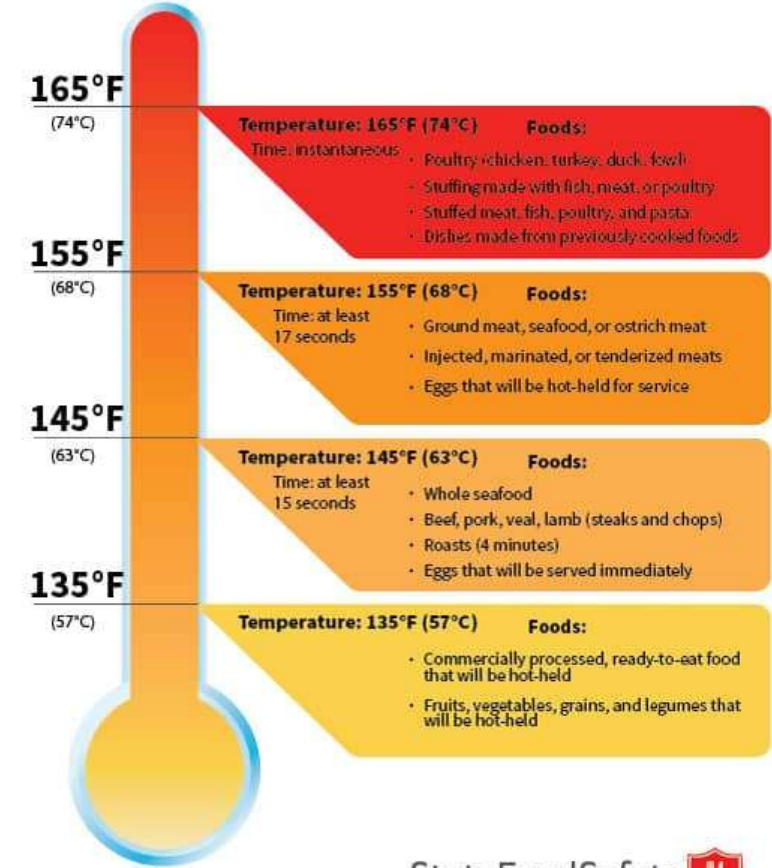
Cooking Safely

Cooking food properly kills harmful bacteria. If it is not cooked properly it may not be safe to eat.

In order to check the temperature of the dishes use a disinfected temperature probe.

Examples of safe time and temperature;
80°C for 6 seconds / 75°C for 30 seconds
70°C for 2 minutes / 65°C for 10 minutes
60°C for 45minutes

Cooking Times and Temperatures



Note: Temperatures are based on the 2017 FDA Food Code.

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High Risk Foods

- Eggs: can contain harmful bacteria
- Rice: must keep hot or chill down quickly
- Pulses: can contain natural toxins
- Shellfish (molluscs and crustaceans): must be caught and handled safely. Must be prepared safely.
- Fish: Fresh fish must be stored between 0°C and 4°C. Certain fish can cause food poisoning if not kept and the right temperature.



Reheating

Reheating food correctly kills harmful bacteria that may have grown since the food was cooked.

Reheating means cooking again, not just warming up!!



Hot Holding

It is important to keep food hot until serving to prevent harmful bacteria from growing.

If you need to keep food hot before serving, the correct equipment must be used: soup kettle, bain-marie.

Hot food must be kept at 63°C or above. If this is not possible, you can take food out of hot holding and display it for up to 2 hours – but only once. Once 2 hours have passed it must be thrown away.

