

FOOD PROTECTION FUNDAMENTALS

Thawing Methods

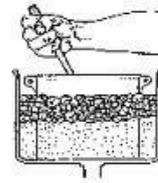
- At refrigeration temperature of 41°F or below.
- Under cool, running water, 70°F or below.
- As part of the cooking process.
- In a microwave oven, then continue with the cooking process.

Cooling Methods

- Shallow layers 2 - 3 inches deep, do not stack. Use metal pans, loosely covered at first.
- Use an ice bath and/or cooling paddle.
- Cut solid foods into small pieces or slices and/or utilize an ice bath.
- Add ice as an ingredient.
- Utilize the freezer.

REMEMBER:

NEVER THAW OR COOL AT ROOM TEMPERATURE



All hot foods must be cooled from 135°F to 70°F within 2 hours and from 70°F to below 41°F in an additional 4 hours.

Internal Cooking Temperatures

Fruits and Vegetables	135°F
Fish	145°F for 15 sec.
Pork & Beef Roast	145°F for 3 min.
Beef Steak (intact)	145°F for 15 sec.
Beef Steak(non-intact)	155°F for 15 sec.
Eggs (for holding)	155°F for 15 sec.
Ground Beef	155°F for 15 sec.
Stuffed Meats	165°F for 15 sec.
Poultry	165°F for 15 sec.

Reheating

- Rapidly reheat all foods to 165°F or above in 2 hours or less.

Hot Holding Temperature

- 135°F or above

Cold Holding Temperature

- 41°F or below

Proper Hand Washing

- Use soap and warm running water.
- Rub hands together for at least 20 seconds.
- Rinse, then dry with single-use paper towels.
- Wash hands before handling food and after doing any activities that contaminate the hands.
- Wash hands before putting on single use gloves.
- Wash hands after removing single use gloves.
- Hand sanitizer must **never** be used in place of hand washing.



Bare hand contact is prohibited with ready-to-eat foods!

Dishwashing: Wash, Rinse, Sanitize and Air Dry

CHEMICAL SANITIZING

<p><u>Chlorine</u> Minimum: 50 ppm Maximum: 200 ppm Water temperature: 75 – 100°F Contact time: 7 seconds Chlorine test strips are required.</p>	<p><u>Quats</u> Read manufacturer's label for concentration and contact time. Water temperature: 75 – 100°F Quat test strips are required.</p>
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HOT WATER SANITIZING

Mechanical 180°F sanitizing rinse temperature at manifold (gauge) and 160°F at the utensil surface
 Temperature registering tapes or holding thermometers are required to ensure the utensil surface temperature reaches 160°F.

Major Food Allergens: Milk, egg, fish, shellfish (such as crab, lobster or shrimp), tree nuts, wheat, peanuts and soybeans

Remember: Employees are required to notify management if they are experiencing **diarrhea, vomiting, jaundice, sore throat with a fever or have a cut/lesion that cannot be properly covered.**