

# KITCHEN SAFETY

## Hygiene:

- Keep hair tucked away or in a bun.
- Wash hands regularly with soap for 20 seconds
- Wash hands if you touch anything **нагана**.
- Wear gloves if you have a wound/cut on your hands or fingers
- Keep the area you are working in clean
- Use paper towels or proper чиста kitchen towels when wiping anything in the kitchen. If a towel falls on the floor put it in the laundry bag and use a new clean one.

## Preparation:

- Avoid cross-contamination. Use separate cutting boards for raw meats, cooked meats, and vegetables.

## Cooking:

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork, 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.

## Appetizers

- prepare one plate at a time. There is no rush.
- As soon as you finish heating and plating the appetizers they can be handed to a server to serve out to the guests.
- Wait for the server to come back with the empty appetizer dish before making a new plate.
- Serve hot food hot and cold foods cold.

## Plating:

- Set up plating station with all necessary salts, oils, grains, meats, vegetables, sauces, utensils, and plates.
- Wash hands before plating
- Use gloves if necessary
- Each plate should look nice and try to make them all the same as much as possible with the correct proportions of grains, meats, and vegetables.
- Always finish plate off with finishing salt.
- Plates need to be wiped before sending to the servers.

## Organizing

- Keep cold foods in fridge
- Hot food must be in warmers or on a heating element - do not let hot food stand in room temperature more then an hour
- Put Salad dishes in fridge
- Put main entree dishes in the oven or warmer
- Keep all ingredients organized in the labeled tubs for each course

## **Watch Videos:**

All food handlers must watch the following training videos before beginning a shift:

- [Chapter 1: The Importance of Food Safety](#)
- [Chapter 2: Health and Hygiene](#)
- [Chapter 3: Temperature Control](#)
- [Chapter 4: Avoiding Cross Contamination](#)
- [Chapter 5: Cleaning and Sanitization](#)
- [Chapter 6: Basic Food Safety](#)