Cooking for Crowds Class Notes

Foods most likely to become unsafe:
1. Baked potatoes
2. Heat-treated plant food, such as cooked rice, beans, and vegetables
3. Tofu or other soy protein; synthetic ingredients, such as textured soy protein in meat alternatives
4. Sprouts and sprout seeds
5. Sliced melons; cut tomatoes; cut leafy greens
6. Untreated garlic-and-oil mixtures
7. Milk and dairy products
8. Shell eggs (except those treated to eliminate nontyphoidal *Salmonella*)
9. Meat: beef, pork, and lamb
10. Poultry
11. Fish
12. Shellfish and crustaceans

Five risk factors for foodborne illness:
1. Purchasing or obtaining food from unsafe sources (Are your donations safe?)
2. Failing to cook food correctly
   - Minimum internal cooking temperature must be checked with a thermometer
     - Poultry (whole or ground): 165°F
     - Reheating food: 165°F
     - Ground meat: 160°F
     - Whole roasts/chops/steaks: 145°F
     - Fish: 145°F
3. Holding food at incorrect temperatures
   - **Temperature Danger Zone: 40°F to 140°F**
   - **Time-temperature abuse:** When food has stayed too long at temperatures good for pathogen growth → bacteria grows even more rapidly between 70°F to 125°F
   - Food has been time-temperature abused when:
     - It has not been held or stored at correct temperatures
     - It is not cooked or reheated enough to kill pathogens
     - It is not cooled correctly → *The CDC has found improper cooling to be one of the most common reasons for foodborne illness outbreaks*
     - **Proper Cooling Method:**
       1. Cool from 140°F to 70°F within 2 hours
       2. Cool from 70°F to 40°F within 4 hours
4. Using contaminated equipment
   - **Cross-contamination:** transfer of contaminant (chemical, bacteria, etc.) from one food/surface to another food/surface
   - Properly clean and sanitize all equipment, tools, and countertops
   - **Clean & sanitize the sink, scrape or soak the dishes, wash, rinse, sanitize, and air dry**
5. Practicing poor personal hygiene
   - Proper handwashing is essential!
   - No fingernail polish, false nails
   - **No bare-hand contact with ready-to-eat foods**
     - Don’t take glove use for granted! Gloves can give a false sense of security and must be used properly, otherwise they can contaminate food
     - Hair must be restrained – tie back, hat, hairnet