

Hygiene and Safety Key words

Bacteria	Micro-organisms which can be harmful once inside the body and make us ill.
Cross contamination	Transferring bacteria from raw to ready to eat foods. Usually from not washing hands or equipment after handling high risk or raw foods. Can lead to food poisoning.
High Risk food	Foods bacteria can multiply quickest on because they contain a lot of protein and moisture eg: raw chicken

Knife safety:

There are 2 main cutting techniques used to protect fingers whilst handling sharp knives

BRIDGE cut

Hold the fingers wide like a bridge and cut with the knife through them



CLAW cut

Keep the fingers closed together and tucked under before cutting



Other knife safety tips:

- Don't put sharp knives in the washing up bowl for a nasty surprise! - wash under running water
- Hold sharp knives down by your side when walking with them.
- Never hand anyone a sharp knife – put it down for them to pick up.
- Store them safely – in a drawer or knife block.

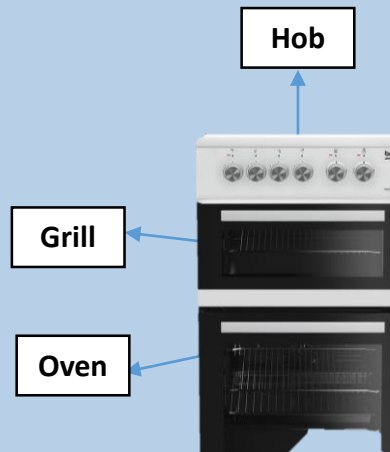
Using the oven safely

Make sure the racks are in the correct position

Always use oven gloves to put food in or out of the oven



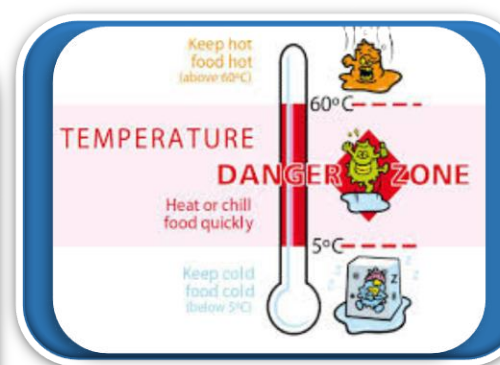
Make sure you turn off the cooker when not in use.



Pan safety

Make sure the pan handle is turned inwards so it doesn't get knocked off and perhaps scald someone.

Use wooden spoons in pans as these are POOR conductors of heat so won't heat up and burn your hand.



The 4 Cs

(To prevent the transfer and growth of bacteria)

Cooking-heating food to over 75°C in the middle for over 2 minutes to kill the bacteria

Cleaning-cleaning your hands, equipment and work surfaces prevents the transfer of bacteria to food.

Chilling-storing high risk foods between 0-5°C to slow the growth of bacteria.

Cross contamination-keeping raw and ready to eat food separate to prevent the transfer of bacteria.

Key words

Accident
Safety
Hygiene
Hazard/risk
Enzymic browning
Oxidation
Bridge cut
Claw cut
Rubbing In Method
Melting Method
Sensory Evaluation
Savoury
Weigh & Measure
Panne/coating
Cross contamination
Colour coded
Equipment
Bacteria
Mise en place
Consistent Portion Control

Colour coded chopping boards

USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES

RAW MEAT

RAW FISH

COOKED MEATS

SALADS & FRUITS

VEGETABLES

DAIRY PRODUCTS

Use the correct colour for the type of food to prevent cross contamination and potential food poisoning

Weighing and measuring



Weighing and measuring your ingredients for a recipe before combining is an important stage in cooking. If the ingredients aren't in the correct quantities the finished dish may go wrong!

To weigh and measure accurately using a scale:

- Make sure you know what unit of measurement you are using; normally this will be grams (g) or millilitres (ml)
- Check your scale is on 0 (zero) and the unit of measurement is the one you want to use.
- If you are using a bowl or scale pan, make sure the scale is on 0 **AFTER** you place it on the scale!
- Weigh or measure as accurately as you can- using digital scales is an excellent AND accurate way of weighing – some even let you weigh liquid...in a container of course!

Other methods include measuring jugs, cups and spoons. Follow the same principles as using a scale. If the recipe uses cups – this is probably an American recipe – you must use measuring cups not just a teacup! You can buy these in the UK easily or convert the measurements on line.

Don't forget some ingredients are easy to measure such as butter – the packs are often marked in 25g sections or look at the weight on chocolate bars – it may already be the weight you require!

Spoons



Tsp Dsp Tbsp

We use spoons a lot when preparing and making food.

When we use them for **measuring** it's important to select the correct size:

A teaspoon is the smallest spoon (approx 5g)

A dessertspoon is the medium sized spoon (approx 10g)

A tablespoon is the largest sized (approx 15g)

Mise en place

This means everything, including YOU is prepared and ready to cook.

- Washing hands in hot soapy water
- Preparing a bowl of hot soapy water
- All ingredients and equipment collected and ready
- Putting an apron on
- Tying long hair back
- Making sure all bags and coats are safely out of the way
- You may need to turn your oven on

NOW you should be ready to start **MAKING**

Enzymic browning

When a reaction happens in some foods, usually with fruit like bananas and apples. An enzyme in the flesh of the food (not the skin) reacts with the oxygen in the air turning it brown. It can be prevented by keeping the food in water or lemon juice or preparing it and eating it asap!



Rubbing in method

A commonly used method in lots of recipes; the fingers and thumb are used to rub fat (butter or marg) into flour. The mix should look like sand or 'breadcrumbs' when ready. Usually a liquid is added to make a dough

