COOKING AND CATERING STRATEGIES
Funding

College of Human Sciences Heddleson Grant at Iowa State University

“Equipping Iowa State University Families Extension specialist with food safety knowledge to impact Iowans lives”
Cross Contamination Prevention

• Use different plates and utensils
• Color code plates and utensils
• Prepare non cooked items last
• Clean and sanitizer (NOT just rinse) between products being prepared
• Control the temperature of items (keep cold foods cold and hot foods hot)
Kitchen Safety Guidelines

• Label foods-name and date to discard
• FIFO=first in, first out
• Discard food on manufacture date
• Foods prepared in home (aka left over's) → 7 days at 41F
Refrigerators

• Refrigerators should be at 41F or less
• Monitor temperature using a basic thermometer
• Do not over fill
  – This increases the temperature in refrigerator
Refrigerators

• Do not put hot foods into refrigerators
  – Cool food to 45F prior to placing into refrigerator
  – Placing hot food in refrigerator increases the temperature
• Store raw meat, poultry and fish separately
• Keep items covered
Refrigerator Shelf Design-
Top to Bottom

- Cooked, RTE
- Whole fish-145F
- Whole Meats 145F to 150F
- Ground Beef 155F
- Poultry 165F
What is wrong?
Frozen Storage

• 0F or less

• Label with date placed in freezer

• Can use for cooling but do not overload

• Always look at cooler temperature

• Regularly defrost and keep closed
Dry Storage

- Cool (50-70F)
- Dry (50-60% humidity)
- Well ventilated
- Clean
- No direct sunlight
SAFE METHODS FOR THAWING AND COOLING
4 Methods to Thaw Foods

1. Refrigeration
   – 70F or lower for Less than 2 hours

2. Submerge under running potable water
   -70F or lower for Less than 2 hours
4 Methods to Thaw Foods

3. Microwave oven
   - Cook immediately after thawing
   - Small items only

4. Use as an ingredient
   - Small items only
   - Takes longer time to cook
   - If frying frozen foods → do by time and not temperature
Safe methods for cooling food (6)

1. Place it in an ice-water bath
   - Place containers into a sink or large pot filled with ice water
   - Stir the food frequently

2. Stir it with an ice paddle
   - Food cools faster when placed in an ice-water bath and stirred with an ice paddle
Safe methods for cooling food

3. Place it in a blast chiller
   – Blast chillers blast cold air across food at high speeds to remove heat
   – They are useful for cooling large items

4. Place it in a tumble chiller
   – Tumble chillers tumble bags of hot food in cold water
   – They are useful for cooling thick food
Safe methods for cooling food

5. Add ice or cold water as an ingredient
   - The recipe is prepared with less water than required
   - Cold water or ice is then added later to cool the product and provide the remaining water

6. Use a steam-jacketed kettle (if properly equipped)
   - Run cold water through the jacket to cool the food
COOKING TEMPERATURES
Cooked Temperature

• Poultry-165F for 15 seconds
• Stuffing and stuffed meat-165F for 15 seconds
• Cooked foods in microwave-165F (cover, rotate and stir)
• Previously cooked foods- 165F for 15 seconds
• Pork-145F for 15 seconds
• Steak and chops 145F for 15 seconds
Cooked Temperature

• Roast 145F for 4 minutes
  – 130F for 112 minutes

• Ground meat & Injected Meat
  – 155F for 15 seconds
  – 158F for <1 sec.; 145F for 3 minutes
Cooked Temperature

• Ratites
  – Ratites 155F for 15 seconds
• Seafood 145F for 15 seconds
  – If ground or chopped 155F for 15 seconds
• Shell eggs 145F for 15 seconds
  – Eggs held hot is 155F for 15 seconds
    • Customer can request however
Cooked Temperature

- Fruits and vegetables
  - 135F for hot hold

- Tea
  - 175F for One minute for automatic
  - 175F for 5 minutes if sipping
LARGE GATHERING
CONSIDERATIONS
Picnics/Large Gathering

- Access to potable water for hand washing and cleaning or utensils
- Encourage guests to wash hands (NOT SANITIZE, WASH)
- Make sure there are plugs available for crock pots or warming devices
- Bring plenty of utensils and plates to prevent cross contamination
- Bring plenty of ICE
Picnics/Large Gathering

- Keep cold foods cold (ICE)
- Keep hot foods hot (Heat source)
- Do not take out cold foods for long periods of time
- Bring a thermometer to check temperatures of foods
- Encourage guests to bring appropriate cook ware based on item prepared
  – Lots of coolers
Picnics/Large Gathering

• Follow final cooking temperature guidelines
• Bring labels for guest to label their prepared items
• Remember food allergies are common
• Have FUN
LUNCH PACKING CONSIDERATIONS
10 Tips Provided by IFT

1. Keep Everything Clean
   – Wash Your Hands and utensils, cutting boards, dishes and countertops with hot, soapy water after preparing each food item

2. Begin with Safe Food
   – Perishable foods like prepackaged lunch combinations that include luncheon meats with crackers, cheese and condiments should be kept cold by using freezer gel packs
   – Insulated, soft-sided lunch boxes or bags are best for keeping food cold

3. Pack Light
   - Pack only the amount of perishable food that will be eaten at lunch
   - Be sure to prepare the food the night before and store it in the refrigerator and then pack in the morning

4. Avoid Cross-Contamination
   - Do NOT reuse packaging materials
   - Discard of all used food packaging and paper bags at lunchtime
   - Throw away perishable leftovers
10 Tips Provided by IFT

5. Keep Hot Foods Hot
   - Plan to use an insulated container for foods like chili, soups and stew
   - Fill the container with boiling water, let it stand for a few minutes, empty, and then add hot food. You will want to keep the container closed until lunchtime to help minimize bacterial contamination and growth.

6. Keep Cold Foods Cold
   - Harmful bacteria can multiply rapidly if the temperatures are between 40 and 140 °F. Be sure to transport food with an ice source and refrigerate upon destination.

10 Tips Provided by IFT

7. Separate Beverages and Foods
   – Pack all beverages and perishable foods in separate containers/cooler.

8. Rinse Food
   – Rinse all fresh fruits and vegetables under running water before eating or packing them in a lunch container.
10 Tips Provided by IFT

9. Store Food Properly
   - When storing your leftover food in the refrigerator it is important to use smaller containers for hot food
   - Storage container two inches deep or less is ideal for chilling food quickly. Larger containers are acceptable for storing cold items
   - Be sure to store food for only 3-4 days in the refrigerator.
   - Label all of your storage containers with the exact date you packed the container, so you know when it is time to either eat or dispose of your leftover items.

10. Microwave Cooking/Reheating

– When using the microwave oven to reheat lunches, cover food to hold in moisture and promote safe, even heating. Reheat leftovers to at least 165 °F, ensuring that they are steaming hot

– Cook frozen convenience meals according to package instructions
