



# chapter 6

## The Flow of Food: Preparation

# General Preparation Practices

## Food and color additives:

- Only use additives approved by your local regulatory authority
- **NEVER** use more additives than are allowed by law
- **NEVER** use additives to alter the appearance of food
- Do **NOT** sell produce treated with sulfites before it was received in the operation
- **NEVER** add sulfites to produce that will be eaten raw

# General Preparation Practices

## Present food honestly:

- Do **NOT** use the following to misrepresent the appearance of food
  - Food additives or color additives
  - Colored overwraps
  - Lights
- Food not presented honestly must be thrown out

# General Preparation Practices

## Corrective actions:

- Food must be thrown out in the following situations
  - When it is handled by staff who have been restricted or excluded from the operation due to illness
  - When it is contaminated by hands or bodily fluids from the nose or mouth
  - When it has exceeded the time and temperature requirements designed to keep food safe

# Thawing ROP Fish

- Frozen fish received in ROP packaging must be thawed carefully.
- If the label states that the product must remain frozen until use, then remove the fish from the packaging:
  - Before thawing under refrigeration.
  - Before or immediately after thawing under running water.



# Prepping Specific Food

## Produce:

- Produce can be washed in water containing ozone to sanitize it
  - Check with your local regulatory authority
- When soaking or storing produce in standing water or an ice-water slurry, do **NOT** mix
  - Different items
  - Multiple batches of the same item



# Prepping Specific Food

## Ice:

- **NEVER** use ice as an ingredient if it was used to keep food cold
- Transfer ice using clean and sanitized containers and scoops
- **NEVER** hold ice in containers that held chemicals or raw meat, seafood, or poultry



# Prepping Specific Food

## Ice:

- Store ice scoops outside ice machines in a clean, protected location
- **NEVER** use a glass to scoop ice or touch ice with hands





# Preparation Practices That Have Special Requirements

## You need a variance if prepping food in these ways:

- Packaging fresh juice on-site for sale at a later time, unless the juice has a warning label
- Smoking food to preserve it but not to enhance flavor
- Using food additives or components to preserve or alter food so it no longer needs time and temperature control for safety
- Curing food



# Preparation Practices

## You need a variance if prepping food in these ways:

- Packaging food using a reduced-oxygen packaging (ROP) method
- Sprouting seeds or beans
- Offering live shellfish from a display tank
- Custom-processing animals for personal use (i.e. dressing a deer)



# Cooking Requirements for Specific Food

## Minimum internal cooking temperature:

**165°F (74°C) for 15 seconds**

- Poultry—whole or ground chicken, turkey, or duck
- Stuffing made with fish, meat, or poultry
- Stuffed meat, seafood, poultry, or pasta
- Dishes that include previously cooked, TCS ingredients



# Cooking Requirements for Specific Food

## Minimum internal cooking temperature:

### 155°F (68°C) for 15 seconds

- Ground meat—beef, pork, and other meat
- Injected meat—including brined ham and flavor-injected roasts
- Mechanically tenderized meat
- Ratites including ostrich and emu
- Ground seafood—including chopped or minced seafood
- Shell eggs that will be hot-held for service



# Cooking Requirements for Specific Food

**Minimum internal cooking temperature:**

**145°F (63°C) for 15 seconds**

- Seafood—including fish, shellfish, and crustaceans
- Steaks/chops of pork, beef, veal, and lamb
- Commercially raised game
- Shell eggs that will be served immediately



# Cooking Requirements for Specific Food

## Minimum internal cooking temperature:

### 145°F (63°F) for four minutes

- Roasts of pork, beef, veal, and lamb
- Alternate cooking times/temperatures
  - 130°F (54°C) 112 minutes
  - 131°F (55°C) 89 minutes
  - 133°F (56°C) 56 minutes
  - 135°F (57°C) 36 minutes
  - 136°F (58°C) 28 minutes
  - 138°F (59°C) 18 minutes
  - 140°F (60°C) 12 minutes
  - 142°F (61°C) 8 minutes
  - 144°F (62°C) 5 minutes



# Cooking Requirements for Specific Food

**Minimum internal cooking temperature:**

**135°F (57°C)**

- Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service



# Partial Cooking During Preparation

If partially cooking meat, seafood, poultry, or eggs or dishes containing these items:

- **NEVER** cook the food longer than 60 minutes during initial cooking
- Cool the food immediately after initial cooking
- Freeze or refrigerate the food after cooling
- Heat the food to its required minimum internal temperature before selling or serving
- Cool the food if it will not be served immediately or held for service

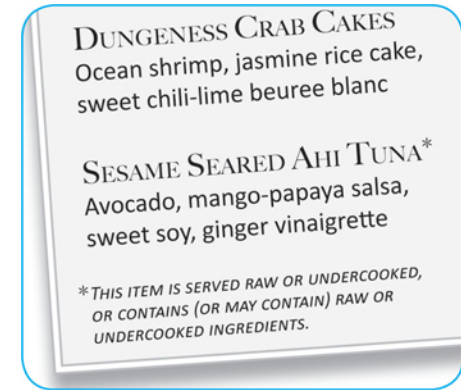




# Consumer Advisories

## If your menu includes raw or undercooked TCS items, you must:

- Note it on the menu next to the items
  - Asterisk the item
  - Place a footnote at the menu bottom indicating the item is raw, undercooked, or contains raw or undercooked ingredients
- Advise customers who order this food of the increased risk of foodborne illness
  - Post a notice in the menu
  - Provide this information using brochures, table tents, or signs



# Consumer Advisories

The FDA advises against offering these items on a children's menu if they are raw or undercooked:

- Meat
- Poultry
- Seafood
- Eggs



# Operations That Mainly Serve High-Risk Populations

## **NEVER** serve:

- Raw seed sprouts
- Raw or undercooked eggs, meat, or seafood
  - Over-easy eggs
  - Raw oysters on the half shell
  - Rare hamburgers



# Storing Food for Further Cooling

## When storing food for further cooling:

- Loosely cover food containers before storing them
- Food can be left uncovered if protected from contamination
  - Storing uncovered containers above other food, especially raw seafood, meat, and poultry, will help prevent cross-contamination

# Reheating Food

## Food reheated for immediate service:

- Can be reheated to any temperature if it was cooked and cooled correctly

## Food reheated for hot-holding:

- Must be reheated to an internal temperature of 165°F (74°C) for 15 seconds within two hours
- Reheat commercially processed and packaged ready-to-eat food to an internal temperature of at least 135°F (57°C)

