

Class 4 overview

Description

You will review food safety and the techniques of sautéing and browning.
You will then prepare a Salisbury steak menu.

Objectives

1. To learn food safety and build on kitchen practices from Day 1.
2. To practice basic knife safety and knife skills.
3. Understand the principle of sautéing
4. Demonstrate the cooking with Salisbury steak with French onion sauce
5. Practice the techniques while preparing the menu for the day.

It's not just a Hamburger Menu

Salisbury steak with French Onion Sauce
Brown Rice
Sautéed Zucchini

What will we do today?

- Review basic food safety
- Discuss Sauté and Browning Technique
- Prepare Salisbury Steak menu
- Enjoy our menu

Clean, Separate, Cook and Chill

Food safety is the most important factor in cooking. It doesn't matter how delicious or complicated your recipe is; if the food makes people sick because of improper cooking or handling, all your efforts will be wasted. You can't tell if a food is safe to eat by how it looks or tastes. Proper storage, cooking, and handling are the only ways to ensure safe food.

Safe steps in food handling, cooking, and storage are essential to prevent food-borne illness. You can't see, smell, or taste harmful bacteria that may cause illness.

The United States Department of Agriculture (USDA) uses four simple words to help you remember food safety rules, and we'll learn one more. They are **clean**, **separate**, **cook**, and **chill**. Let's learn about each term.

- **Clean** — Wash hands and surfaces often.
- **Separate** — Don't cross-contaminate.
- **Cook** — Cook to proper temperatures.

- **Chill** — Refrigerate promptly.
- **Caution** — Be cautious around heat and sharp tools.

Clean

It is important to keep your hands and all surfaces clean before, during, and after handling food.

Separate

Cross-contamination is the scientific word that describes the process of bacteria spreading from one food product to another. There is a high risk of this happening when people handle raw meat, poultry, and seafood, so keep these foods and their juices away from ready-to-eat and other raw foods such as produce.

It's really important to ensure that you do not introduce bacteria from raw meats, fish, and poultry to raw produce. This means you should always make sure to thoroughly clean your work area after handling different types of ingredients. This helps ensure that you don't cross-contaminate your ingredients.

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products than you use for preparing produce and other foods.
- Always wash hands, cutting boards, dishes, and utensils with hot soapy water after they come in contact with raw meat, poultry, and seafood.
- Make sure to wash and disinfect your work area after preparing raw meat, fish, or poultry before handling other raw or cooked foods, for example, lettuce and tomatoes for salad.
- Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

There are several places besides your work area where you have to be careful to avoid cross contamination. Here are some examples:

- When shopping, don't put raw produce, vegetables, and lettuces near raw meat in your shopping cart.
- Cooked food, packaged food and produce should always be on higher shelves than the raw meats, fish and poultry. Separating food this way ensures that the drippings from meat, fish or poultry don't contaminate the other foods.

Cook

Always cook food to the correct temperatures. It is particularly important to cook meats, fish, and poultry correctly to ensure that all bacteria are killed. Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food-borne illness.

- Use a clean thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles, and other foods are cooked all the way through.

- Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness.
- Cook ground beef to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) link eating undercooked, pink ground beef with a higher risk of illness. If a thermometer is not available, do not eat ground beef that is still pink inside.
- Cook eggs until the yolk and white are firm. Don't use recipes in which eggs remain raw or only partially cooked.
- Fish should be opaque and flake easily with a fork.

Chill

Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. Make sure to set your refrigerator no higher than 40°F and the freezer unit at 0°F. Check these temperatures occasionally with an appliance thermometer. Then fight bacteria (Fight BAC!™) by following these steps:

- Refrigerate or freeze perishables, prepared food, and leftovers within two hours.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, or in the microwave. Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Shopping Tips

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.
- Put raw meat and poultry into a plastic bag so meat juices will not cross-contaminate ready-to-eat food or food that is eaten raw, such as vegetables or fruit.
- Plan to drive directly home from the grocery store. You may want to take a cooler with ice for the perishables.

Sauté and browning technique

What is sautéing?

One technique for cooking is called “sautéing”. Sauté is a French word, and the literal translation in French is "to jump" (from the verb, sauter). When sautéing items, chefs will "toss" the food in a pan in such a way that its contents fly through the air, turn over and fall back into the pan. The food is cooked quickly in a small amount of oil or other fat in a skillet or sauté pan over direct heat.

Another technique is called “browning”. Browning is a cooking technique that allows a meat or vegetable to become seared quickly over medium high heat. Usually it gets brown marks from the heat of the pan. Typically, after browning liquid is added to the pan to bring up flavors from the bits attached to the pan. The ingredient is then simmered slowly to finish cooking.

How to sauté

- Before you begin to sauté, it is important to have everything prepared and located near the stove.
- Put the pan on the burner, and turn burner to medium high heat. Allow the pan to heat, it should not be cold when you add oil or food to it.
- When the skillet is hot, add enough oil to thinly coat the bottom of the pan. Too little oil may make food cook unevenly and stick to the pan.
- When the oil is hot, add the food carefully to the pan.
- You're Sautéing!

Class 4: Let's Cook

It's not just a Hamburger

Menu

Salisbury steak with French Onion Sauce

Rice

Sautéed Zucchini

Fresh fruit

Game plan

- Prepare zucchini and set aside
- Prepare the garlic, scallions, parsley and onions then set aside until ready to use.
- Prepare the fresh fruit and refrigerate or leave out at room temperature.
- Begin cooking rice
- Follow Salisbury steak recipe
- Sauté zucchini
- When rice and zucchini are done remove from heat & place in serving bowl
- Set the table
- Enjoy meal
- Serve fresh fruit
- Clear table
- Clean up

Recipe

Salisbury steak with French Onion Sauce

Serves 12

Ingredients

Steaks:

- 3 lb ground chuck
- ½ cup fresh parsley chopped
- 6 Tbsp scallions, finely chopped
- 2 tsp salt
- ½ tsp black pepper
- 2 Tbsp flour
- 1 Tbsp olive oil

Sauce:

- 4 medium onions, sliced
- 2 tsp sugar
- 4 cloves garlic, minced
- 3 Tbsp tomato paste
- 2 Tbsp flour
- 4 cups broth (beef or vegetarian – Low sodium)
- 1 tsp salt
- 1 tsp dried or fresh thyme leaves

Optional garnish: parmesan cheese

Directions

1. Combine meat, parsley, scallions, salt & pepper
2. Divide evenly into 12 portions and shape into ¾” – 1” thick patties.
3. Place flour in shallow bowl or plate and dredge each patty in flour
4. Heat oil in large pan over medium-high heat.
5. Add patties and sauté 3 minutes each side, until browned
6. Remove from pans and set aside
7. Add onions and sugar to pan; sauté 5 minutes
8. Stir in garlic and tomato paste; sauté 1 minute more
9. Sprinkle with flour, sauté 1 minute more
10. Stir in broth, salt and thyme
11. Return meat to pan and bring broth to a boil
12. Reduce heat to medium and cover. Simmer 10 minutes.
13. Place a steak and spoonful of onion sauce on plate
14. Garnish with parsley & parmesan (optional)
15. Repeat for remaining servings.

Nutritional Values

Nutrient name	Nutrient value	Unit	% Daily Value
Calories	290		
Total Fat	18	g	28%
Saturated Fat	7	g	35%
Trans Fat	1	g	
Cholesterol	75	mg	25%
Sodium	1060	mg	44%
Carbohydrates	7	g	2%
Dietary Fiber	< 1	g	4%
Sugars	3	g	
Protein	23	g	
Vitamin A	--	IU	6%
Vitamin C	--	mg	15%
Calcium	--	mg	4%
Iron	--	mg	15%

% Daily Values are based on a 2000 calorie diet.

Recipe

Basic Rice

Serves 4

Ingredients

- 2 cups uncooked rice, choose brown grain rice
- 4 cups water
- ¼ tsp salt

Directions

- Place water and salt in a 2 quart pot, cover and bring to boil over high heat
- When water is boiling, add rice, stir, cover pot and reduce heat to low
- Cook for 20 minutes

Note: Do not peek at rice; it's better to just leave it covered.

Nutritional Values

% Daily Values are based on a 2000 calorie diet

Sautéed Zucchini

Serves 4

Ingredients

- 2 medium zucchini
- 1 Tbsp olive oil
- 1 clove garlic, coarsely chopped
- Salt and pepper to taste

Directions

- Wash and dry zucchini
- Quarter zucchini and slice quarters into 1” pieces
- Heat a 10-12” sauté pan over medium high heat.
- Add olive oil
- Add zucchini and sauté for 3-4 minutes until softened but not mushy.
- Add garlic and sauté 1-2 minutes more.
- Salt and pepper to taste and serve immediately.

Nutritional Values

Nutrient name	Nutrient value	Unit	% Daily value
Calories	45		
Total Fat	3.5	g	5%
Saturated Fat	0.5	g	2%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	50	mg	2%
Carbohydrates	4	g	1%
Dietary Fiber	1	g	4%
Sugars	2	g	
Protein	1	g	
Vitamin A	--	IU	4%
Vitamin C	--	mg	30%
Calcium	--	mg	2%
Iron	--	mg	2%

% Daily Values are based on a 2000 calorie diet