

Four basic rules of safe food preparation



1

Cook

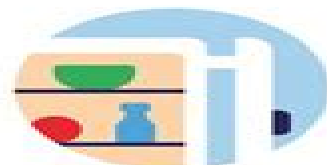
- Cook the food to the recommended internal temperature.
- Follow the required time for cooking different ingredients.
- Use a calibrated thermometer to ensure proper cooking.
- Serve food hot.



2

Clean

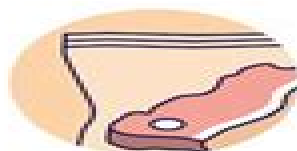
- Practice frequent and proper handwashing.
- Clean and sanitize food contact surfaces before and after use.
- Follow the manufacturer's instructions in using sanitizing solutions.
- Regularly dispose of food waste properly.



3

Store

- Keep hot foods hot (135°F (57°C) or above) and cold foods cold (41°F (5°C) or below) .
- Maintain at least 40°F (4°F) during refrigeration and 0°F (-18°C) for freezing temperatures.
- Follow proper organization of food in the fridge.
- Clean storage area regularly.



4

Separate

- Use separate utensils for preparing raw and ready-to-eat foods.
- Sanitize food equipment in between use for raw and ready-to-eat foods.
- Store cleaning materials away from the food preparation area.
- Store raw and cooked foods in airtight containers to avoid cross-contamination.

Essential Guide For Preparation

Anne Watkinson



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In some sort of inundated with monitors and the cacophony of instantaneous connection, the profound power and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, set within the lyrical pages of **Essential Guide For Preparation**, a fascinating function of fictional splendor that pulses with fresh emotions, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus manuals visitors on a psychological odyssey, softly revealing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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