

All for the Beef

Chef Safety Skills Cards

Sourcebook

Career and Technology
Studies FOD2100
Basic Meat Cookery



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Every effort has been made to acknowledge sources used in the **All for the Beef: Basic Meat Cookery** program resources. In the event of questions arising as to the use of any material, we will be pleased to make the necessary corrections in future versions. Please contact Patricia Shields-Ramsay at InPraxis Learning at 780.421.7163.



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All for the Beef

Cooking in a Safe Kitchen



Never try to move the burning pan or pot.

Make sure hot pans or pots have a cloth or oven glove nearby to warn others that the surface is hot. Avoid steam burns by lifting the pot lid away from you.

Use dry and well insulated oven mitts or pot holders. Never use them if they are wet, as the heat turns the dampness to steam and can burn.

Wear an apron to protect yourself from possible hot oil or grease splatters. Aprons do more than keep your clothes clean.

Make sure you know how to properly and safely use kitchen equipment and appliances. Read instructions.

Use appliance blades or accessories safely and properly.

Keep hair tied back or use a hair net. Never cook in loose clothes to avoid the risk of fire as well as anything getting into the food you are preparing.

To extinguish a fat fire, cover it with baking soda or a large lid and turn off power or gas. Foam or powder extinguishers can also be used but **never** water. Many kitchen fires start from overheating oils or fats.

Basic safety rules include precautions and practices that avoid injuries and accidents.



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Using Knife Skills in a Safe Kitchen



A dull knife will cause more injuries than a sharp one. Steeling a knife before and after every use will ensure you keep your blade honed and sharp.

Hold your knife properly to ensure that you minimize fatigue, keep good control of the knife so it does not slip, and have room to move.

The proper way to cut with your knife uses the last knuckle of your forefinger or middle finger as a guide, while your ring, pinky and thumb stabilize the item you are cutting. This may not feel natural but it will avoid most of the causes of cuts to hands. Keep the food you are slicing still and use slow, controlled slicing motions.

If you are cutting a round or curved item, like a tomato, create a flat surface by cutting off a piece perpendicular to the side you are cutting from. This prevents the item from rolling or sliding away.

Practice your knife skills slowly. It will take time to get used to using a knife properly.

If you cut yourself, treat it immediately. If the cut is shallow, wash it under cold water. Dry the skin around the cut with a clean cloth and cover with a waterproof dressing.

If the wound is deep, apply pressure to slow the bleeding down. Sit or lie down so the wound is above the heart and call for medical help.

Safe knife skills involve using the knife properly and using a proper knife.



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Keeping Perishable Foods Safe in the Kitchen



Use practices that avoid cross-contamination. Foodborne illnesses are caused by foods that are contaminated. A pathogen is anything that can cause a foodborne illness. Symptoms can include stomach cramps, nausea, fever, diarrhea and vomiting.

Keep work areas and cutting boards used for raw foods separate from those used for fresh foods. Food is most likely to become cross-contaminated during preparation.

Keep perishable foods in the refrigerator and at appropriate temperatures. Careful handling and storage of meats is essential. Bacteria that cause food poisoning grow best in warm foods. Marinate meats in the fridge.

Cool hot dishes rapidly before putting them in the refrigerator. Otherwise, a hot dish will warm up the fridge temperature, affecting everything else.

Keep foods covered and promptly refrigerated to prevent exposure to mould spores in the air.

Put ingredients away when you're finished with them. Refrigerate food within two hours to avoid letting food sit in the danger zone. Do not defrost meat at room temperature.

Place cooked meat on a clean plate. Washing raw meat before cooking is not recommended as this greatly spreads bacteria to other areas.

Store raw meat on a plate on the lowest fridge shelf to prevent meat juices from dripping onto other items. Separate raw meats from other foods and use clean utensils and cutting boards for vegetables and each meat.

Separate and chill properly to avoid cross-contamination.



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Cooking in a Clean Kitchen

Start with a clean kitchen. Keep the kitchen and its equipment and tools clean and sanitary. Mould can be avoided through clean and sanitary kitchen practices.

Keep trash, compost or recycling containers or bins close at hand so it's easy to sort and get rid of different types of garbage as you cook.

Have paper towels available for clean up and dish towels for spills and hand washing. Use dish towels for drying dishes and paper towels for cleaning spills and drying hands. Change dish towels regularly if wet or dirty.

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.

While many knives can be washed in the dishwasher, they last longer if washed by hand. When washing any sharp kitchen utensil in the sink, wash them one at a time and do not dump them all in the water. Place them tip down in a dishwasher to avoid handling the blade. Place knives beside the sink until ready to wash.

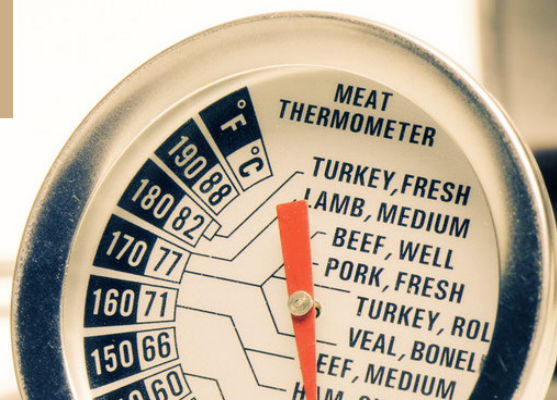
Clean and sanitize counters, cutting boards and utensils, like tasting spoons, after use. Place a damp dishcloth under the board to prevent it from sliding while you use it. Sanitize with a dilute bleach solution (about 5 mL (1 tsp) bleach per 750 mL (3 cups) of water). Let them air dry.

Get into the habit of cleaning as you go when you cook. This frees up valuable work space and avoids cross-contamination of surfaces, utensils and foods.



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Ensuring Food Safe Cooking in the Kitchen



Use a food thermometer or temperature indicator. This is the only way to tell if your food has reached a high enough internal temperature to destroy bacteria.

Check and use the temperature rules chart for safe doneness temperatures.

Boil left-over marinade for at least 5 minutes or throw it out.

Select cookware and pots that are most appropriate for the cooking method. Lightweight cookware or pots with double handles will avoid strain. Heavy pots distribute heat better but can be very heavy to lift when full. Use small pots on the small burner, and large pots on the large burner.

Only use containers, utensils or dishes appropriate for the equipment you're cooking with, including microwavable containers in the microwave and oven safe containers in the oven.

Keep oven mitts or pot holders within reach to move or handle any hot items while you are cooking. Make sure pot handles are kept away from the front of the stove.

Organize tools and equipment before you start cooking so you're not searching for the right tool while you are handling food.

Keep electric equipment away from sinks. Never use electric equipment with wet hands.

Consider ways to use leftovers instead of throwing them away.

Maintain safe and sanitary practices when you handle, prepare and cook food.

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