

Kitchen Safety & Food Hygiene Guide

For Chefs & Culinary Professionals

Cold & Hot Storage Temperatures

- 🔵 Chiller (fridge): 1°C to 4°C
- 🔵 Freezer: -18°C or below
- 🔴 Danger Zone: 5°C to 63°C (Bacteria grow fast here!)
- 🔴 Cooking Temperature: 75°C and above 1Core temp
- 🔴 Reheating Temperature: 76°C (Reheat only once)
- 🔵 Hot Holding: 65°C
- 🔵 Ideal: 63°C
- 🔵 Minimum: 63°C

Stock Rotation Systems

- FI FIFO = First In, First Out (Use older stock first)
- FE FEFO = First Expiry, First Out (Use soon-to-expire items first)

Food Safety Basics

- 🔵 Boiling Point of Water: 100°C
- 🔵 Safe Food = Free from harm, hazard, or illness

Receiving Temperature Checklist

- 🔵 Chilled Products ≤ 4°C
- 🔵 Under cold running water (<21°C)

Types of Food Hazards

- 1 Microbiological – Bacteria, viruses
- 2 Chemical – Cleaning agents, sprays
- 3 Physical – Hair, glass, metal pieces
- 4 Allergens – Nuts, dairy, gluten, etc.

Receiving Temperature Checklist

- 🔵 Chilled Products: ≤ 4°C
- 🔵 Frozen Items: ≤ -18°C
- 🔴 Hot Delivered Food: ≥ 63°C

Cooling Hot Food Safely

- Option 1: Blast Chiller
Cool to ≤ 5°C in 90 minutes
- Option 2: Ice Bath + Chiller
Cool to ≤ 20°C in 2 hours, then ≤ 5°C in next 4 hours

Defrosting Method

- 🔵 In chiller (≤ 8°C) OR
- 🔵 Under cold running water (<21°C)
- Final core temp: 1°C to 5°C



Survival Guide For Culinary Professionals

N Colangelo



Survival Guide For Culinary Professionals:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Survival Guide For Culinary Professionals**

In a global inundated with displays and the cacophony of instantaneous transmission, the profound energy and emotional resonance of verbal beauty frequently disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, nestled within the musical pages of **Survival Guide For Culinary Professionals**, a charming work of fictional brilliance that pulses with natural thoughts, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus guides viewers on a psychological odyssey, lightly revealing the latent potential and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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