

B.E.S

Bethlehem Emergency Sheltering

Kitchen Training

and

Recipe Book

2020-2021

CDC TOP FIVE RISK FACTORS

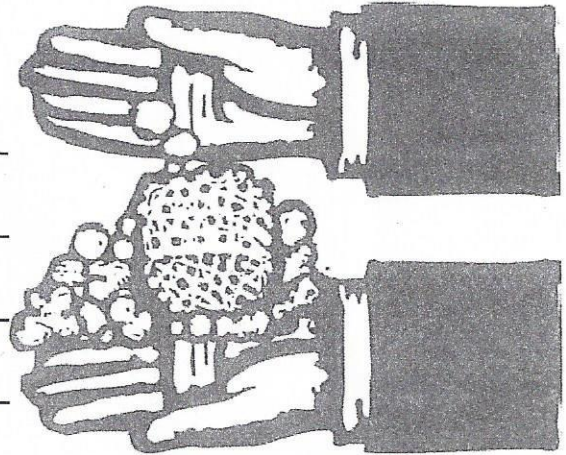
- 1. Purchasing food from unsafe sources.**
- 2. Failing to cook food adequately**
- 3. Holding food at incorrect temperatures**
- 4. Using contaminated equipment.**
- 5. Practicing poor personal hygiene.**

Keep Hands Clean

Food handlers must wash hands.

How

- Wet hands with warm water.
- Apply soap.
- Wash hands for 20 seconds.
- Rinse.
- Dry with a single-use paper towel or air-dryer.



When

- After using the restroom
- After using a tissue
- Before handling raw food
- After handling raw food
- After smoking, eating, or drinking
- After handling soiled dishes and utensils
- After taking the garbage out
- Before starting or returning to food preparation or service
- Before putting on gloves

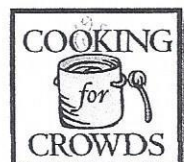
Gloves must be worn when handling ready-to-eat foods.

PENNSTATE



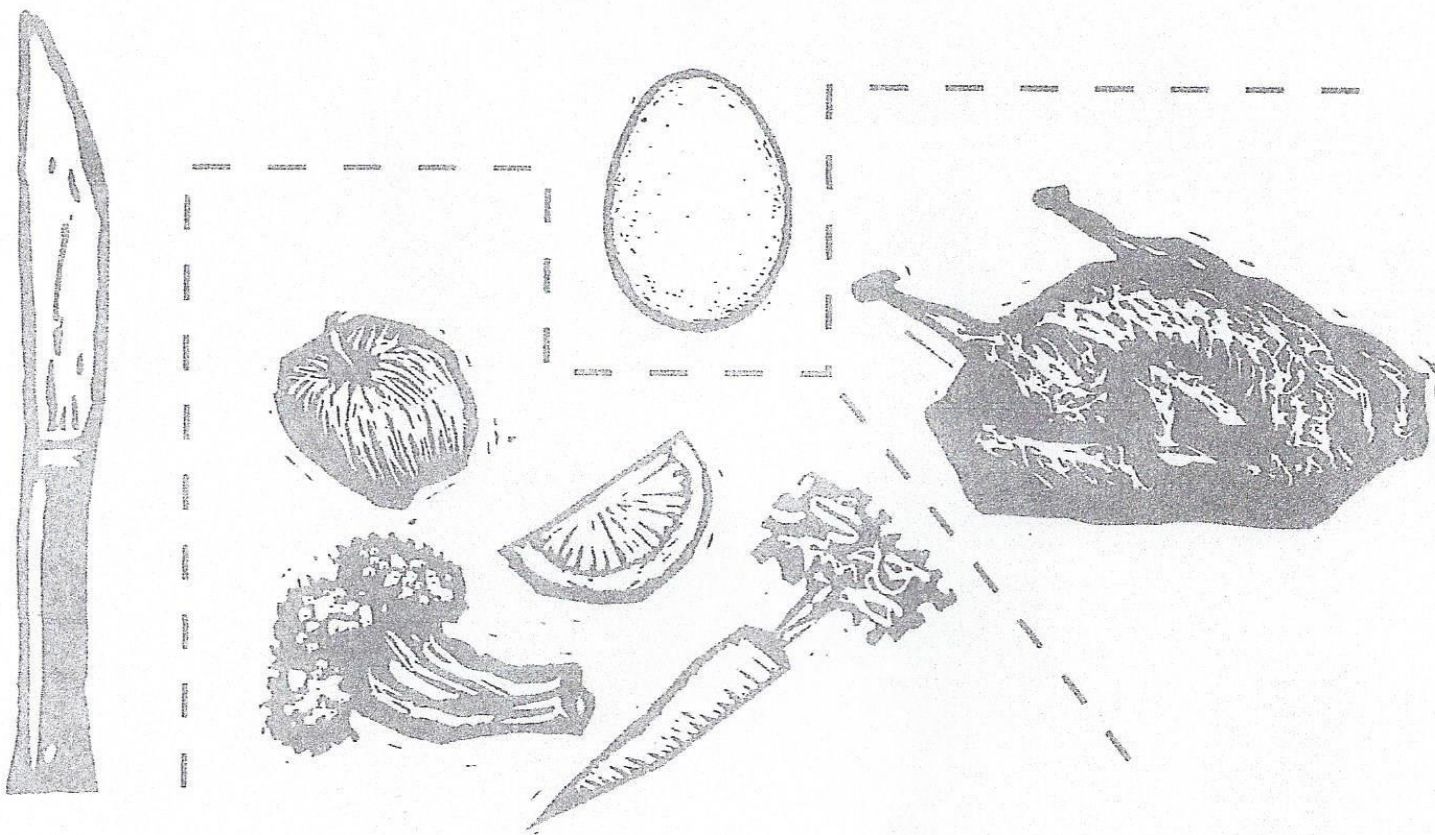
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Prevent Cross-Contamination

- Clean and sanitize cutting boards and equipment after each use.
 - Use separate cutting boards for raw meats and vegetables.
 - Wash hands between tasks, after touching raw foods, and before touching ready-to-eat foods.
 - Store raw meat on bottom shelf of the refrigerator, on a tray to contain drippings, and away from other food.
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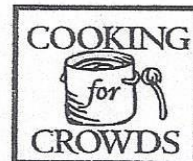


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USING KNIVES SAFELY

1. Cut away from the body.
2. Cut away from anyone near you.
3. Use a cutting board and put a damp cloth under it to keep the board from slipping.
4. Use the right knife for the job. Don't use a lightweight knife for a heavy-duty job.
5. Keep knives sharp. Since a dull knife requires more pressure to cut, it is more dangerous than a sharp knife.
6. Always pick up a knife by its handle.
7. Don't use knives to open cases, cans, or bottles.

LIFTING PROPERLY

1. Plan it.

- Do you need help?
- Could you use a cart?
- Where is it going?
- Which route is best?

2. Get ready!

- Spread your feet shoulder width apart.
- Put one foot slightly in front of the other for a
- Good support base.
- Squat down with back straight and head up.
- Don't bend over from the waist!
- Grip the object firmly with both hands. Keep elbows and arms close to body. Tuck in chin.

3. Lift it!

- Straighten your knees slowly and smoothly to a stand. Avoiding this in a quick or jerky manner.
- Don't lift and twist at the same time.

4. Move it!

- Keep object close to you.
- To change position, move your feet and entire
- body. Don't twist from the waist!
- Look where you are going.
- Call out "Coming through" as needed.

5. Set it down!

USE GOOD PERSONAL HYGIENE:

Wear freshly cleaned clothing.

Wear a clean apron.

Wear a new apron and wash hands if switching form a job such as cleaning or handling raw chicken.

Please no hand jewelry.

Avoid helping on nights when you are sick. Train others.

GENERAL FOOD SAFETY:

Wash hand frequently as needed.

Wear vinyl gloves as needed.

Required for:

Handling ready to eat foods

Handling any food that will not be cooked to safe temperature

When serving guests

When handling cups, plates, bowls and dinnerware etc.

Not Required for:

Preparing food that will be cooked properly, washing hands is fine for this

Make sure all equipment and surfaces i.e. table tops, cutting boards etc. are clean and sanitized.

Cutting boards are color coded to avoid cross contamination.

Cutting boards should be sanitized after use i.e. chicken

Please note – making assumptions is often a bad idea but in this cases, assume that some of our guests have not washed their hands. Best practice, we serve all food and the guests handle only their own. Exception – we are not going to pour their beverages.

FOOD SAFETY NOTES:

Defrosting i.e. frozen meats –

Best done in refrigerator, next best under slow running 70° water up to 2 hours, cook when thawed.

Exception - cook from frozen i.e. frozen hamburger patties.

Salads – best practice is to use pre-washed in the bag salad.

Transporting Food – best to use a cooler or hot transporter.

When transporting tight pack food, keep cold with cold and hot with hot. Insulate the best you can.

Food that is in the time temperature danger zone 41° to 134° should be refrigerated upon arrival or heated.

The more serious time temp abuse is the 70° - 120° zone.

Cooking

Failing to cook food adequately is one of the five most common risk factors to food safety according to the CDC. Cooking TCS foods to minimum internal cooking temperatures and time is done to reduce pathogens to safe levels. Minimum cooking time/temperature combinations for TCS foods only guarantee safety when:

- Foods are properly handled to limit microorganism growth prior to being cooked; and
- Foods are not contaminated with unexpected additional types or numbers of pathogens.

Minimum Internal Cooking Temperatures and Times

- **135°F (57.2°C)**
 - Heat-treated plant foods for hot holding
 - Commercially processed foods for hot holding
- **145°F (62.8°C) for 4 minutes**
 - Meat – whole-muscle* cuts (roasts)
- **145°F (62.8°C) for 15 seconds**
 - Meat – steaks or chops
 - Fish*/shellfish
 - Eggs – for immediate service
 - Commercially raised game meat
- **155°F (68.3°C) for 15 seconds**
 - Ground (comminuted*) meat (and mechanically tenderized* or injected meats)
 - Ground (comminuted) fish
 - Eggs – hot held
 - Ratites* (emu, ostrich, and rhea)
 - Ground (comminuted) game meat
- **165°F (73.9°C) for 15 seconds**
 - Poultry* – whole and ground
 - Stuffing and stuffed foods
 - TCS animal foods cooked in a microwave
 - Wild game animals* that are live caught
 - Previously cooked TCS ingredients
 - Baluts*

Cooling

Cooling is done when foods that are hot or warm need to be cooled for holding and future use. It is important to cool foods properly so that pathogens do not have the opportunity to produce toxins or grow and reach unsafe levels.

Commercial refrigeration equipment is designed to hold cold food. It is not designed to cool large quantities of food. Putting hot foods in refrigerators or freezers puts the food and the equipment at risk. Rapid chilling can be done in equipment designed to cool food to acceptable temperatures quickly. Tumble chillers cool by using very low-temperature water, and blast chillers use low-temperature air and high rates of air circulation.

Use one or more of the proper cooling methods and procedures to help remove heat:

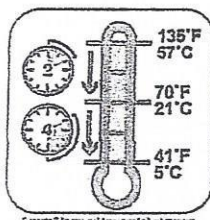
- Cut foods into smaller pieces;
- Place foods into shallow pans;
- Use ice as an ingredient;
- Place food into a container and into an ice water bath;
- Stir food;
- Use an ice paddle; or
- Use rapid cool equipment, such as a blast chiller.

Food containers used when cooling foods in equipment need to be:

1. Arranged with proper spacing and airflow;
2. In shallow, stainless steel containers;
3. In single layers and not stacked; and
4. Loosely covered (or uncovered if protected from overhead contamination).

These things are done to speed up the cooling process.

Two-Stage Cooling Time Requirements



Cooling TCS foods safely requires a two-stage approach with a maximum time of six hours to cool food from 135°F to 41°F (57.2°C to 5°C) or lower. The first stage for cooling cooked foods is the most critical step of the hot food cooling process.

- **Stage 1:** 135°F to 70°F (57.2°C to 21.1°C) within two hours.
- **Stage 2:** 70°F to 41°F (21.1°C to 5°C) or lower within four hours.

Food prepared at ambient (room) temperature, such as tuna salad prepared with canned tuna, must be cooled to 41°F (5°C) within four hours.

When cooling food, it is important to monitor the temperature to be sure that the time requirements are met. Cooling foods from 135°F to 41°F (57.2°C to 5°C) can take a total of six hours. But, if using the two-stage cooling method and the food does not reach 70°F (21.1°C) within two hours, or 41°F (5°C) within six hours, then a corrective action is needed. The corrective action can be to discard or reheat the food to 165°F (73.9°C) for 15 seconds within two hours. Once reheated properly, then recool within the proper time and temperature criteria.

Hot and Cold Holding

Holding food at incorrect temperatures is one of the five most common risk factors to food safety according to the CDC. Foods being held for sale or service must be held at temperatures out of the temperature danger zone to prevent pathogen growth or toxin production.

- Cold foods must be held at 41°F (5°C) or below; and
- Hot foods must be held at 135°F (57.2°C) or above.

When food is being held prior to sale or service, it is important to check the temperature at least every four hours. This is done to ensure that the food temperature has not risen or fallen to a temperature that will support pathogen growth. If the temperatures are checked every four hours and the food is found to be in the TDZ, then the food must be discarded. However, checking food temperatures every two hours is recommended in order to provide an opportunity for a corrective action. If the food is found to be between 41°F and 135°F (5°C and 57.2°C), then cool or reheat the food to maintain safe holding temperatures.

While holding food, keep it covered or protected in order to reduce the chance of any contamination, and to help maintain the temperature of the food.

Time as a Public Health Control

Food operations that follow a written plan to hold food without using equipment to maintain temperatures can use time to keep food safe. When using **time as a public health control**, written procedures with the necessary details are required. These details explain how food is prepared and handled to meet safety requirements. This procedure will require that food be labeled with the time that the food was removed from temperature control and the time that the food must be discarded. There are two options when using time as a public health control:

- **4 Hour Holding** - Hot or cold food can be held without temperature control for up to 4 hours if:
 - The food is labeled with discard time; and
 - The food is served or discarded within 4 hours.
- **6 Hour Holding** - Cold food can be held without temperature control for up to 6 hours if:
 - The food is labeled with discard time;
 - The food is discarded if it goes above 70°F (21.1°C); and
 - The food is served or discarded within 6 hours.

Reheating

When reheating previously cooked TCS foods for hot holding, the following temperatures must be reached:

- 165°F (73.9°C) for 15 seconds within two hours for food that is cooked, cooled, and reheated.
 - Food must stand for two minutes after reheating in a microwave.
- 135°F (57.2°C) within two hours for ready-to-eat food that is commercially processed.

Foods that will be consumed immediately and not held do not have any temperature requirements, assuming that the food was initially cooked, cooled, and stored properly.

EQUIPMENT NOTES:

Stove

30,000 BTU Burners compared to house stove 9,000-12,000 BTU

Stir items more often than normal with a flat edge paddle.

Convection Oven

Items will cook in 60 – 70 % of the time of a normal oven.

Baking in convection oven – reduce heat and set fan to low

i.e. Cornbread calls for 400° - set to 350° and fan on low, cooking time will still be a little faster than a regular oven

Griddle

Pancakes -	350°
Hot Dogs -	350°
Hamburgers -	375-400°
Holding Soups -	200°
Heating up Soup/Sauce -	500°
Heating up Cream Soup/Sauces -	400°

Pancakes –

1 large box of Aunt Jemima Complete serves 25 people.

Make 4" pancakes.

Mix batter a little on the loose side.

Very lightly oil griddle and wipe off any excess.

Pour in rows front to back and across griddle.

Flip pancakes in the same order.

Remove pancakes in the same order, allowing a little time for the last flipped cakes.

Place cakes in a 2 ½" deep hotel pan with parchment paper between.

Stack cakes only 2 high.

Place in a 200° oven to finish cooking and holding.

PER PERSON NOTES:

Meat for full meal

¼ lb. In stew, soups, bakes, casseroles etc.

Sausage Sandwiches

¼ lb. Women

½ lb. Men

Sloppy Joes

4 oz. Women

6 oz. Men

Mashed Potatoes

½ lb. if skin on

½ lb.+ if peeled

B.E.S. BEVERAGES

B.E.S. requests that – (this is **important)**

- **EVENING beverages be DECAFFINATED.**

B.E.S. provides –

- **Coffee Decaf**
- **Tea Bags Decaf**
- **Liquid Decaf Tea mix for Iced Tea**
 Note - 2 tablespoons per gallon
- **Hot Chocolate Packets (limited)**
- **Lemonade Mix**
- **Lime Juice**
- **Lemon Juice**
- **2 Gal. of Milk per day for coffee, tea**
- **Water**

Beverage Tips:

- **Mix lemonade half strength and add lime juice for more flavor with less sugar**
- **When using liquid decaf ice tea, lemon or lime juice can be added for a change. No sweetener is required. Guest can add their own.**
- **Other drinks are ok to bring as long as they are decaffeinated for the evening. Moderate sugar is always a good idea.**

Bob's Chili

Makes 16 qts

2018 BES Version

1-#10 can (104 oz) kidney beans
1-#10 can black beans* (*Note: Ratio of kidney beans to black beans is cook's choice)
2-#10 cans diced tomatoes
10 lbs. 90% lean ground beef (chuck is good) 80/20 also works
20 garlic cloves (minced)
6 Spanish onions (3"-4" diameter, diced)
½ cup Worcestershire Sauce (Lea & Perrins)
24 oz. tomato paste
5/8 cup (1/2 lb/8 oz) Beef Base (RC Fine Foods)**
(**Note: This brand is rich in flavor with ½ the salt)
6 Green peppers, diced
1 cup sugar

Spice pack blend: 1 cup Chili powder (mild)
Options – (not for Shelter version, too spicy)
¼ cup Southwest Chipotle (Grind to powder)
or
¼ cup Smokey Mesquite (Grind to powder)

Drain beans & rinse. Add beans & diced tomatoes with juice to 20 qts. in the pot. Use medium heat. Brown beef; add to pot. Add spice pack to pot. Lightly brown onions in oil; add garlic to onions when ¾'s done. Avoid overcooking the garlic. Sauté green peppers lightly; add to the pot.

Mix Worcestershire sauce, beef base, tomato paste, & ½ cup of water: A whisk works well. Add to pot.

Stir pot well & often to avoid burning. Cook chili to a minimum of **160 degrees**. Add sugar.

Same Day Chili: Can be slow cooked a little longer.

Next Day Chili: Can be refrigerated right away. Chili freezes great for later use. Microwave reheating works well and avoids burning.

Note: Makes a good topping for over rice or pasta. To make a meal, just add a vegetable and a salad. Shaker parmesan cheese is a good touch.

MEATLOAF

10 lbs.	Ground Beef
24 oz.	Seasoned Bread Crumbs
1 dz.	Large Eggs
40-48 oz.	Ketchup
2-3	Spanish Onions diced
1 Tbs.	Pepper
2 Tbs.	Kosher Salt
or	
1 ½ Tbs.	Table Salt
1 Tbs.	Garlic Powder
1 Tbs.	Italian Seasoning
	Spray Oil

Place 5 lb. ground beef in each of 2 bowls

Flatten beef in bowl

Wisp 12 eggs

To eggs add 40-48 oz. Ketchup

Wisped until combined

Pour half in each bowl over meat

Combine seasoned bread crumbs and all spices/seasonings

Wisp to combine

Split in two and spread over the meat in each bowl

Split diced onions between bowls

With gloved hands blend all ingredients

Spray 2 – 2 ½” deep hotel pans

Make 2 meatloaves in each pan, separating in the middle

Cover with foil

Cook in Convection Oven at 350° for 30 min.

Uncover

Continue cooking until 165° core temp is reached

Feeds 25 men

OVEN COOKED RICE

Ratio - 1 part rice
 2 parts water or stock

Cooking Oil

Simple White Rice

Place uncooked rice in 4" deep hotel pan

Stir in a light coating of cooking oil

Add 2 parts hot water moderately salted

Cover

Bake in oven at 400°

Note - Different volumes of rice will take varying times to complete,

Keep an eye on when using this method the first time

Variations -

Stock -

Change the water out for any stock you like

Reduce the stock a little if adding juicy or wet items in at the beginning of the rice bake

Quick Spanish Rice -

For every 2 cups of mild salsa, reduce one cup of stock

Use chicken or vegetable stock for this option

YELLOW RICE

8 Cups	Uncle Ben's Converted Rice
2	Large Sweet Onions Diced ¼"
20	Garlic Cloves Diced Fine
1/3 Cup	Cooking Oil
1 ½ Tbs.	Each of
	- Ground Cumin
	- Coriander
	- Turmeric
16 Cups	Sub boiling strong chicken stock
	Salt & Pepper to taste (may not be needed)
	Option – add to rice when cooked - 2 lbs. frozen peas, blanched to 135°
	Or 50 oz. heated black beans

Sauté onion and garlic in oil

Add spices

Sauté for 1 minute

Add to 8 cups of rice in 4" deep full size hotel pan

Stir

Add 16 cups of hot chicken stock

Cover with foil

Place in 400° oven

Cooking time – 35 minutes +

DO DOT STIR until the very end

Almost all broth should be absorbed before stirring

Move rice to holding

CHICKEN SAUSAGE AND RICE

4-5 lbs. Boneless Chicken Thighs $\frac{3}{4}$ " diced
1 $\frac{1}{2}$ lbs. Kielbasa or Smoked Sausage
Cut lengthwise and then sliced $\frac{3}{8}$ " thick
1-2 Red Bell Peppers $\frac{1}{4}$ " diced
2 lbs. Frozen Peas
Spray Oil

Yellow Rice Made from recipe

House Spice - 1 part Kosher Salt
1 part Garlic Powder
1 part Fresh Ground Pepper
2 parts Onion Powder

Other Spices Emeril's Essence

Place diced chicken on $\frac{1}{2}$ sheet – covered with parchment paper and sprayed with oil

Sprinkle on a moderate coating of House Spice and Emeril's Essence over the chicken

Spray a light coating of oil over the chicken

Cook in convection over at 375° until the chicken reached a 175° temp, about 20+ min.

Cook sausage on sheet pan until lightly browned

Note - Chicken, sausage and rice are cooked separately

Blend together (separately cooked) Chicken, Sausage and Rice

Put in holding

Coleslaw for 50 Recipe - from Taste of Home

12 lbs.	Cabbage
12	Medium Green Peppers
3 Cups	Vinegar
3 Cups	Sugar
3 Tbs.	Salt
1 1/2 Tsp.	Pepper
1 1/2 Tsp.	Paprika
3 Cups	Mayonnaise or Salad Dressing

WEDDING SOUP

10 lbs.	Meatballs (Wedding Soup Size)
1 ½ lbs.	Orzo
1 lb.	Fresh - Small Leaf Spinach
or	
2 10 oz.	Frozen – Small Leaf Spinach
3	Large Spanish Onions, Diced 1/4"
2 lbs.	Carrots, shredded
1 Head	Celery, Fine Diced or Sliced Diced
2 ½ Gal.	Water – soup
4 Gal.	Water – Orzo cooking
1-2	16 oz. Tub Chicken Stock Base
	Salt & Pepper
	Garlic Powder

Soup Pot -

- Fill 24 qt. or larger pot with 2 1/2 gal. of HOT tap water
- Add 16 oz. Chicken Base
- Wisk to dissolve
- Add Onions, Celery & carrots
- Bring to low boil

Meatballs -

- On a sheet pan in oven - Lightly brown meatballs to about 160°

Orzo - in a separate pot

- Fill 24 qt. or larger pot with 4 gal. of HOT tap water
- Bring to a boil
- Lightly Salt Water
- Add Orzo
- Cook until al dente
- Drain
- Let Stand

WEDDING SOUP

Combine - When vegetable have soften in soup pot

- Add cooked meatballs
- If using frozen spinach add now
- When spinach has thawed in soup, add resting Orzo
- Return to simmer
- Simmer about 5 min.
- If using fresh spinach, add toward end of simmer
- Add resting Orzo
- Let stand 5 min.
- Total cooking time about 45 min.

Notes -

- Add water if needed
- Season to taste with Chicken base, and/or salt & pepper, garlic powder
- Will make about 6 gals if extra water added.

BEEF BARLEY SOUP

10 lbs.	Ground Chuck 80-20 to 90-10
4-5	Large Spanish Onions, Diced 3/8"
3 lbs.	Carrots, Diced or shredded
1 Head	Celery, Diced or Sliced Diced
1/4 Cup	House Spice – Kocher Salt, Ground Pepper, Onion Powder, Garlic Powder
3 Gal.	Water
16 oz. Tub	Beef Stock Base (more may be needed)
3 lbs.	Barley

Soup Pot - Barley -

- Fill 24 qt. or larger pot with 3 gal. of HOT tap water
- Add Beef base and barley to water
- Bring to low boil
- Add all vegetable about 15 min. later

Beef -

- Lightly brown ground beef, seasoning with House Spice
- Drain off excess fat

Combine - at about 45 min. mark

- Add beef to barley soup pot
- Total cooking time about 1 hour.

Notes -

- Add water if needed
- Season to taste with House Spice or salt & pepper and/or Beef base

SAUSAGE, POTATO, CABBAGE SOUP

10 lbs.	Sweet Italian Sausage (remove meat from casing)
2 #10 Can	Diced Potatoes
4	Large Spanish Onions, Diced 3/8"
4-6 lbs.	Cole Slaw Mix (coarse shred works best)
1 #10 Can	Petite Diced Tomatoes (Drained)
2 ½ Gal.	Water
16 oz. Tub	Beef Stock Base
16 oz. Tub	Chicken Stock Base

Soup Pot-

- Fill 24 qt. or larger pot with 2 gal. of HOT tap water
- Add 8 oz. each of Beef and Chicken base
- Wisk to dissolve
- Add Cole Slaw mix & onions
- Bring to low boil
- Cook about 10 min. until cabbage & onions soften
- Add diced potatoes and drained tomatoes
- Return to low boil

Sausage -

- Lightly brown sausage, to a medium crumble

Combine -

- Add sausage to soup base pot
- Reduce heat to simmer
- Simmer for 15 min.
- Total cooking time about 1 hour.

Notes -

- Add water if needed
- Season to taste with House Spice or salt & pepper and/or Beef and Chicken base

CHEESEBURGER SOUP

10-12 lbs.	Ground Chuck 80-20 to 90-10
4-5	Large Spanish Onions, Diced 3/8"
3 lbs.	Carrots, Diced or shredded
1 Head	Celery, Diced or Sliced Diced
1/4 Cup	House Spice – Kocher Salt, Ground Pepper, Onion Powder, Garlic Powder
2 1/2 Gal.	Water
16 oz. Tub	Beef Stock Base (more may be needed)
2 #10 Can	Diced Potatoes
1 #10 Can	Cheddar Cheese Sauce

Soup Pot-

- Fill 24 qt. or larger pot with 2 gal. of HOT tap water
- Add Beef base, onions, carrots, celery to water
- Bring to low boil
- Cook until vegetables have softened
- Add potatoes
- Return to low boil until potatoes start to soften a little

Beef -

- Lightly brown ground beef, seasoning with House Spice
- Drain off excess fat

Combine -

- Add beef and cheese sauce to soup pot
- Reduce heat to simmer
- Total cooking time about 1 hour.

Notes -

- Add water if needed
- Season to taste with House Spice or salt & pepper and/or Beef base

OATMEAL

6 Cups	Oatmeal Flakes
12	Extra-large Eggs
2 Tbs.	Cinnamon
2 Tbs.	Vanilla
1 Cup	Brown Sugar

OPTIONS:

With Craisins -

12 oz.	Craisins
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With Apples and Raisins -

6	Apples Diced ½"
1 Cup	Raisins

Directions –

- Wisk eggs
- Pour into a measuring device
- Add water until cups total 10
- Add Vanilla, Cinnamon and Brown Sugar
- Wisk again
- Add Oatmeal Flakes to Microwave Bowl
- Pour liquid mixture over Oatmeal Flakes
- Add Fruit
- Stir
- Microwave on high for 15-20 min.
- Stirring every 5 min.
- Add more HOT Water during serving, if Oatmeal start drying out.

NOTE: Once done, this can be held warm in a Crock Pot.

POACHED EGGS

Muffin Tin (the ones BES has, have 24 cups)

Jumbo or Extra-large Eggs

Spray Oil

Water

Kosher Salt

Directions –

- Coat Muffin Tin Cup with Spray Oil
- Crack egg into each cup
- Add 1 tablespoon water into each cup
- Lightly Kosher salt

- Bake in preheated 350° oven
- Bake until yolks are soft cooked on edges
- Takes about 15-20 min.

- Let eggs stand 1 minute in muffin tin
- Remove eggs with spoon
- Pat dry with paper towel if needed