



Prevent Cross-Contamination:
USE COLOR-CODED CUTTING BOARDS



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Prevent Cross-Contamination:

USE COLOR-CODED CUTTING BOARDS



One of the most common causes of food-related illness is through cross-contamination or the transfer of harmful bacteria from one food product to another by way of contaminated tools, equipment or hands.

Preventing bacteria from being transferred to different foods is an important food safety practice. Someone who works with food knows how important it is for everything to be clean and to use the proper tools. When handling foods, it is essential that it is done safely to prevent bad bacteria from one food contaminating another food. Using separate, color-coded cutting boards for different ingredients is a great way of preventing cross-contamination.

Use separate chopping boards for raw and cooked meat, fish, vegetables and bread. Raw meat cannot be cut on the same board as cooked meat and vegetables cannot be cut on the same board as raw poultry. Color-coded boards make it easier to remember which ones to use for each type of food. White is still the best colour for visually spotting food debris and it is possible to get white plastic chopping boards that are color-coded. Connecting colors to a certain type of food is an easy and simple process to follow and creates a system that is easy to remember.

What are the Colors?

Here are the different cutting board colors and their meanings:



Tan/Brown: Cooked Food



Green: Fruits and Vegetables



White: Dairy Products



Yellow: Raw Poultry



Red: Raw Meat



Blue: Fish and Seafood

HOW TO CLEAN A GREASY RANGE HOOD FILTER



When was the last time you peeked underneath your stove hood and checked out the exhaust fan filters?

The purpose of a range hood filter is to collect grease, so if it's doing its job correctly, it's going to look and feel greasy. Over time, the filter may become so blocked with grease that it loses its effectiveness, which is why it's important to clean these filters periodically. Below are basic procedures to clean a greasy range hood filter:

What you need:

- Very hot or boiling water
- Degreasing dish soap
- Baking soda
- Non-abrasive scrub brush
- Paper towels or dish cloth



Instructions:

It is always important to wear protective clothing and gloves when using any chemicals during the cleaning process.



1. Remove the filters from the hood. Most filters should easily slide or pop out of the underside of the hood.



2. Fill a sink or bucket with boiling water. The hotter the water, the more effective.



3. Pour in baking soda and dish soap. Pour a good squirt of de-greasing dish soap and 1/4 cup baking soda into the hot water. Swish around with a brush until the water is nice and soapy.



4. Put greasy filters in water. Submerge your greasy exhaust fan filters into the water. Make sure filters are completely covered.



5. Let them soak. Allow the filters to soak for 10 minutes.



6. Scrub the filters. After soaking, take a non-abrasive scrub brush and scrub the filters. Add more dish soap to your brush if required while you scrub.



7. Rinse and dry. Rinse the filters thoroughly in hot water and dry with a paper towel or clean cloth.



8. Replace the filters and repeat as needed. Put the filters back into the hood. Cleaning the filters once a month is a good maintenance strategy. If all above doesn't fit, the best thing is to ask assistance for proper application of chemicals and cleaning.



MENU OF THE MONTH:

No Bake Blueberry Cheesecake

*Ingredients:***Crust:**

- 1 1/2 cups graham cracker crumbs
- 2 tablespoons brown sugar
- 1/3 cup margarine, melt

Filling:

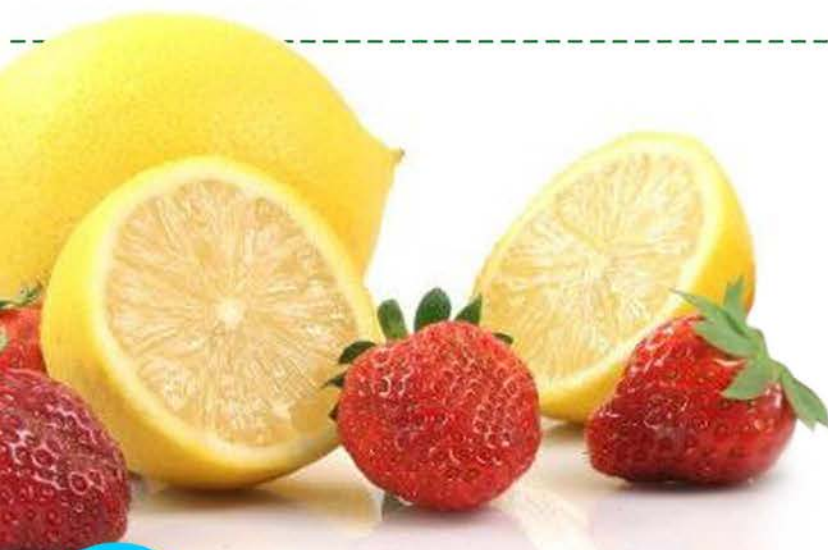
- cup whipped cream
- 1 (8 ounce) cream cheese, room temperature
- 1/4 cup sugar
- 1 tablespoon gelatin
- 3 tablespoons milk
- 1 cup blueberry syrup (or any topping you want)

DIRECTIONS:

1. Combine crumbs and sugar, pour melted butter. Press into pan chill covered.
2. Beat cream cheese, add sugar.
3. Soak gelatin in milk for 5 minutes, and heat it up (or place it in microwave) to melt the gelatin.
4. Gradually pour this while beating the cream cheese mixture.
5. Fold in whipped cream.
6. Spread on top of crust. Top with blueberry syrup. Syrup must be thick or else it'll fall from the cake.

Makes 8 servings.

Source: <http://www.food.com/recipe/no-bake-blueberry-cheesecake-137012>



DID YOU KNOW?

Lemons contain more sugar than strawberries.

Most varieties of lemons contain higher percentage of sugar than contained by strawberry fruits. Besides sugar, lemons also contain 3-6 per cent citric acid, which dominates its sweetness and tastes sour.

Source: <http://www.tribuneindia.com/2013/20130623/spectrum/fruit.htm>



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