

Cooling:

Cool foods as quickly as possible by:

1. Cooling smaller batches
2. Using shallower aluminium or stainless steel pans
3. Ice baths

Cold foods must be kept at 4°C or colder.

Personal Hygiene:

- Prevent cross contamination (people to food)
- Practice good hand washing in a separate hand washing basin
- Do not cook when sick

Avoid: coughing near food, putting fingers in mouth/nose/hair, chewing gum

Cleaning a Station:

1. Wipe down table with a paper towel into a garbage can
2. Use a cloth with soap and water to wipe down the table
3. Sanitize the table using bleach or vinegar

The Danger Zone:

4°C - 60°C (40°F - 140°F)

- Can only last two hours before the danger zone
- Microorganisms need food, a warm temperature, and time to live and grow

Reasons for Foodborne Illness:

1. Unsafe food temperatures (the #1 reason)
2. Cross contamination
3. Poor hygiene
4. Improper cleaning and sanitizing of food contact surfaces

Ways to Defrost Potentially Hazardous Foods:

1. Microwave
2. Fridge
3. Cold running water

Reheating:

Reheat food to its original cooking temperature as quickly as possible, then keep in a hot holding unit at 60°C or hotter.

How Does Time Affect Bacteria:

Bacteria doubles every 10-20 minutes in the wrong temperature.

Cross Contamination:

Something that is already contaminated transfers that contamination to a food.

Three ways:

1. Food to food
2. Equipment to food
3. People to food

Preventing Cross Contamination:

1. Store food correctly
2. Cleaning and sanitizing
3. Practicing good hygiene

Roles of the Public Health Inspector:

- Inspect food premises
- Examine records
- Close a food premise
- Investigate complaints
- Educate people
- Other public health matters

Disclosure Signs:

Pass (Green):

Inspector has clarified that you are compliant with food premises.

Conditional Pass (Yellow):

Inspector sees a few things that need to be adjusted. Provides 72 hours to solve them.

Closed (Red): The premises is an immediate health hazard.

What Does Bacteria Need to Grow?

1. Food
 - Hazardous — protein, moist
 - Non-hazardous — low in protein, dry, acidic
2. Temperature
 - Danger zone
3. Time
 - Bacteria doubles every 10-20 minutes

Tourism Sectors:

Sector	Example
Accommodations	Hilton Hotels
Food and Beverages	Nando's
Attractions	CN Tower
Transportations	TTC
Adventure and Recreations	Skiing
Events and Conferences	Business meetings
Travel Trade	Air Canada
Tourism Services	Expedia

Hospitality:

- Hospitality means customer satisfaction
- Directed to tourists and the rich because they're luxury
- To work in this industry, you need good people skills
- Jobs in the hospitality industry: casinos, parks, resorts, hotels, restaurants

Convention Planner: Work to plan events.

Transportation:

Transportation, hotels, and attractions cooperate and work together.

Transportation has four different sectors:

1. Rail
2. Road
3. Air
4. Marine

What a Recipe Includes:

- Title
- Picture
- Ingredients
- Measurements
- Directions
- Yield (servings made)

Advertisement:

- Name
- Type of restaurant
- Opening date
- Incentive (deal)
- Location

RED:

Rest

Elevate

Direct Pressure

Three Sink System:

Before starting, food is scrapped off

1. Hot water and soap
2. Hot water
3. Hot water and sanitize

Workstation:

The table where a group works at.

Yield:

Amount of servings the dish you're preparing will make.

Ladle:

A long-handled spoon with a cup-shaped bowl, used for serving soup, stew, or sauce.

Marinade:

The sauce/seasoning applied to a meat.

Meringue:

A light, sweet mixture of egg whites and sugar that is baked and used as a topping for pies and cakes.

Pre-Preparation:

Designating food tasks for a later time.

Mire Poix:

A flavour builder: onions, carrots, and celery.

Zester:

Tool to help you create a zest (i.e lemon zest).

Mise en Place:

A display with all the ingredients being used for the meal that is being made.

Julienne:

Long, thin cuts.

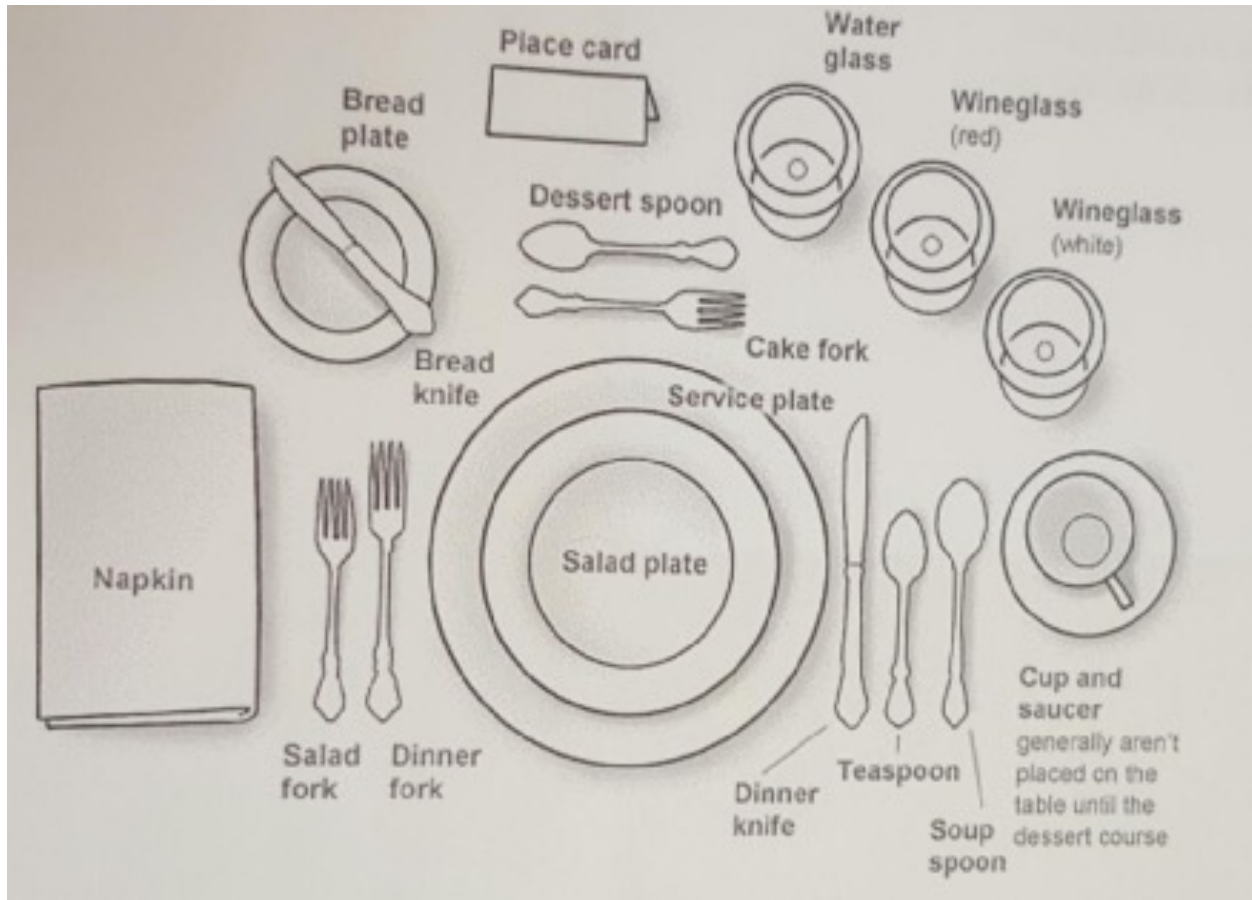
Dice:

Small cubes.

Potential Skills Learned Throughout Hospitality:

- Teamwork
- Responsibility
- Patience
- Leadership
- Time management
- Confidence
- Organization
- Communication
- Problem solving
- Respect

Formal Table Layout:



**SHOUTOUT TO CELIA SIRIANNI
SHE PROVIDED THE NOTES**

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Use the notes at your own risk. I am not to blame if anything is incorrect or missing.