

Chapter 5 – Food Preparation

As a sandwich artist you are responsible for ensuring that all food you prepare is fresh, delicious and safe to eat.

- You must prepare meats, vegetables and condiments safely
- By preparing food using the proper procedures and only using fresh food items, you ensure customer satisfaction and repeat business
- Gloves must be worn during ALL food handling activity and changed as necessary
- All equipment that comes into contact with food product must be washed, rinsed and sanitized
- All products must be rotated with FIFO (first in, first out) inventory system
- When in doubt about food quality, ask manager
- If you question the quality of the product, discard to the waste container
- Exact specifications and formulations are necessary when preparing food

Food Pans

Food pans are used to store food items. Different food pans are suited for different food items and different machines.

When placing food items into the food pans the food item should not exceed the chill line. Food stored above this line will not chill effectively and be exposed to unsafe temperatures.

Drain plates are used for some food items to allow fluid from the product to drain into the bottom of the food pan.

	Amber Pans	Hot Well	Cold Section	Microwave	Speed Oven
	✓	✗	✓	✗	
	✗	✓	✗	✗	
	✓	✓	✗	✗	

When preparing leftover food for storage you must transfer to a new pan, wrap with plastic wrap and cover with a lid and label.

Vegetable Prep

There are four types of vegetables that need slicing every day; tomatoes, cucumbers, green peppers and red onion. Before slicing the vegetables, they must be washed in cold running water and placed in a colander to drain.

Green Peppers

Required thickness 3mm



1. Cut in half top to bottom
2. Remove top stem, bottom and spongy core. Discard
3. All SEEDS must be removed
4. Place 4-5 halves into slicer. Use protector plate
5. Place a pan with drain tray under the cutting wheel
6. Turn handle with one hand. Apply pressure to push plate with other hand



Tomatoes

Required thickness 5mm



1. Using tomato corer, scoop out top core/stem area
2. Place tomato core side down into slicer and push handle
3. Discard the top and bottom
4. Place eight tomatoes in the pan with drain tray
5. Stack one additional row for a total of 16



Red onions

Required thickness 3mm



1. Cut off both ends
2. Peel skin and first layer away and discard
3. Cut in half top to bottom
4. Use stainless steel bowl with silver tray underneath to place towards slicing side
5. Place 2 halves into the slicer. Use protective plate
6. Place a pan with drain tray under edge of cutting wheel
7. Turn handle with one hand. Apply pressure to push plate with other hand



Cucumbers

Required thickness 3mm



1. Cut 13mm off each end
2. Cut in half
3. Place 2 halves in the slicer. Use protective plate
4. Place a pan with drain tray under the edge of the cutting wheel
5. Turn handle with one hand. Apply pressure to push plate with other hand
6. Cucumber should be 3mm thick. This can be measured against a pickle



Hot Meat Prep

Meat that has been frozen needs to be thawed before it is heated and used.

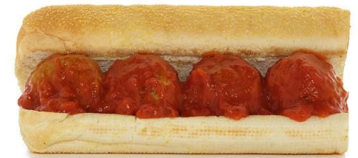
- Thaw under refrigeration (in the fridge)
- Never defrost in the microwave
- Never thaw at room temperature. The food will be exposed to unsafe temperatures.
- Never thaw in water

When completing food preparation ensure you prep one food item at one time. For example, if you prep chicken once you have completed this, label the cambro and place it immediately in the fridge before you start preparing another food item. NEVER leave food that has been prepared on the prep table as this can cause contamination and equals poor food hygiene it must go into the fridge as soon as it is prepped.

Meatballs

Items needed: amber cambro, meatball sleeves (pan savers) and a spoon

1. Wash your hands and put gloves on
2. Place 1 bag of thawed meatballs into one meatball sleeve
3. Add one bag of marinara sauce (1000ml) to the cambro
4. Cover the cambro with a lid
5. Label the cambro



When needed: Remove the prepped meatball cambro from the fridge and put into the microwave. Rapidly heat to 75°C stirring thoroughly every few minutes and once the product reaches at least 75°C (always use the temperature thermometer to check). Then place the meatballs and meatball sleeve into a stainless steel cambro and place it in the Hotwell. You should ensure the meatballs are being held at 65°C.

Tuna

1. Wash hands and put on gloves
2. Open one pouch of Tuna and empty contents into a stainless-steel bowl
3. Rub your hands with Tuna together over the stainless-steel bowl to flake
4. Add half a bag of mayonnaise (737g) and mix thoroughly
5. Once mixed place the Tuna mayonnaise into a small Cambro up to the chill line
6. Cover with a lid
7. Label the cambro



Chicken Teriyaki

Items needed: amber cambro, meatball sleeves (pan savers) and a spoon

1. Wash hands and put on gloves
2. In a stainless-steel mixing bowl mix one full pouch of teriyaki sauce (~584ml) with one bag of chicken strips (2kg). Mix evenly throughout
3. Place into large Cambro up to the chill line
4. Label the cambro



Steak/Chicken/Chicken Tikka

Items needed: amber cambro, meatball sleeves (pan savers) and a spoon

1. Wash hands and put on gloves
2. Open the bag of thawed out steak/chicken or chicken tikka
3. Place into large Cambro up to the chill line (for chicken tikka you will need to put two bags of chicken tikka in one large cambro)
4. Label the cambro



Serving Steak/Chicken/Chicken Tikka

When you serve steak and chicken ensure you use to correct size scoop and that the level of meat is flat. The scoops are designed to hold the correct portion, but can be over portioned or under-portioned by staff.

- Each scoop, when correctly filled, should be level with product.
- It should never be packed tightly or heaping.



Chicken strips –
Correct portions



Steak –
Correct portions

Ham/Turkey

1. Wash hands and put on gloves
2. Open the portion of ham/turkey
3. Put a large drain tray on the bottom of a large cambro
4. Fold each individual slice of ham/turkey and place in the cambro (folding it during the prep stage makes it presentable and enables you to serve it quickly)
5. Label the cambro and place a lid on top

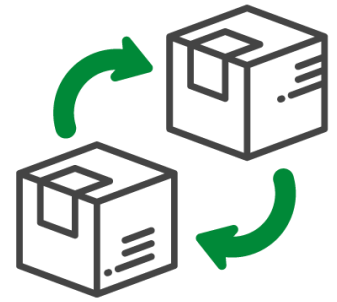


FIFO – First in, first out

FIFO is the storage system of rotating your food so that you use the oldest items first. Storing and rotating food properly ensures that you are always serving food in the freshest and safest way. When you help put away a delivery/put cambros into the fridge you should rotate using FIFO. Here are some steps to follow the FIFO method:

- Identify the expiration date on the food
- Store items with the earliest expiration date in front of items with later dates
- Once on the shelf, use the items stored in front first

If you find food past the expiration date you must place this on your wastage chart and remove it from the frontline as it should not be served to customers.



You are halfway through



Go through this section with your manager:



Are you enjoying the job?



How are you getting on with the team?



How do you find serving the customers?



What is your favourite part of the job?



Do you find anything difficult that you need support with?