Leticia Sales de Oliveira 1840185

Chef Timothy Budd CUL103

**-RECIPES-**

**Polpettone**

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| Ground round sirloin | 500g |
| Parmesan cheese | 200g |
| Flour  | as needed |
| Eggs | 2 |
| Basil | as needed |
| Seasonings (salt and pepper) | as needed |
| Oil  | 250ml |

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| * Cut the cheese in medium dices. Prepare the breading station.
* Shape the meat as a polpettone and fill up with 3 cubes of cheese.
* Bread them.
* Shallow-fry the polpettones and with a spoon/ladder throw some oil on top of polpettones, ensuring it all is going to be cooked.
* Place the polpettones on absorbent paper on a plate.
* Garnish them with basil leafs.
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**Rapine almandine**

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| Rapine  | 250g |
| Almonds  | 80g |
| Butter | 15g |
| Olive oil | 15ml |
| Water | 2L |
| Ice | as needed |

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| * Blanch the rapine after peeling it
* Chop the almonds
* Heat a sauté pan with butter and oil
* Take the almonds and the rapine sautéed in 15 seconds in high heat.
* Serve it immediately.
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**-FOOD SAFETY PLAN-**

**-FLOWCHART-**

**Polpettone**

**Ingredients**

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| **Ground beef (raw)** | **Basil leafs** | **Parmesan cheese** | **Flour** | **Oil** | **Seasonings** | **Eggs** |

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**Preparation**

**Set up a breading station with the flour and the eggs. Cut the cheese in medium dices on a clean board. In a steel bowl, mix the seasonings with the meat, shape it as polpettones and fill it up with 3 cubes of cheese. Bread the polpettones and reserve them with parchment between each one in a tray covered by wrap plastic inside the refrigerator or use immediately.**

**Store at refrigerator at 4-7C/40-45F**

**Store in refrigerator between 2-4C/35-40F**

**Store in refrigerator at 4C/40F or below**

**Cooking**

**Shallow-fry them until they achieve the temperature of 71C/160F, confirming by a thermometer. Place the fried polpettones on absorbent kitchen paper on a plate and let the oil run a little.**

**Store in dry storage**

**Polpettone**

**Additional Information**

**As a breaded food, polpettones are not good to be eaten when reheated. So, it is recommended to store it breaded, but not fried, and then fry `a la minute.**

**Reheating**

**Reheat polpetone to 74 C/165 F or hotter within 2 hours.**

**Corrective Actions**

**Throw out food if critical limits are not met.**

**Cold-Holding**

**Store polpetone in a refrigerator at 4 C/140 F or bellow.**

**Hot-Holding**

**Hot-hold polpettone in a minimum temperature of 60C/140F**

**Cooling**

**Cool from 60 C/140 F to 20 C/70 F within 2 hours and from 20 C/70 F to 4 C/40 F within the next 4 hours. Place the recipient (can be a hotel pan) with polpetones in ice bath.**

**Rapine Almondine**

**Ingredients**

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| **Rapine (fresh)** | **Butter** | **Almonds** | **Oil** | **Seasonings** | **Water/Ice** |

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**Obtain fresh and clean water/ice from the approval resources or from the designated sink, for water. Store ice at 0 C/32 F.**

**Preparation**

**Pre heat the oven to 65 C/150 F. Wash the rapine in cold water. Boil the water in a pot. Peel rapine’s stew with peeler. Fine chop the almonds. Blanch the rapine then place it in a hotel pan and give it an ice bath, with ice placed in a steel bowl/bigger hotel pan. Place it on a tray and drizzle olive oil on then reserve inside the oven.**

**Cooking**

**Heat a sauté pan with butter and oil on HIGH heat and sauté the almonds and the rapine for 15 seconds.**

**Store in refrigerator at 4 C/40 F or in room temperature if it remains under 21C/70F.**

**Store in dry storage**

**Store in refrigerator at 0 C/32 F or the closest as possible**

**Rapine Almondine**

**Reheating**

**Reheat rapine almondine to 74 C/165 F or hotter within 2 hours.**

**Cold-Holding**

**Store rapine almondine e in a refrigerator at 4 C/140 F or bellow.**

**Hot-Holding**

**Hot-hold rapine almondine in a minimum temperature of 60C/140F**

**Corrective Actions**

**Throw out food if critical limits are not met.**

**Cooling**

**Cool from 60 C/140 F to 20 C/70 F within 2 hours and from 20 C/70 F to 4 C/40 F within the next 4 hours. Place the recipient (can be a hotel pan) with polpetones in ice bath.**

**-TABLE STYLE-**

**Polpettone**

**Ground round sirloin**

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| **Step** | **Food Safety Hazards** | **Critical Step** | **Critical Limits** | **Monitoring the Critical Steps** | **Corrective Action** |
| **Receiving** | ContaminationGrowth of pathogens | No | PHFs must be below 4 c/40 F | -Check the temperature-Visually look for brownness, grayness and also for any weird smell.-Verify if it is properly packed with crayovac and if it has a informative stamp on it. | Reject load if above 4 C/40 F, or if contamination is seen. |
| **Refrigeration** | Growth of pathogens | No | -Maintain below 4 C/40 F-Store in the in the antepenultimate shelf. | Check food and room temperature each 4 hours. | Lower the cooler temperature setting. If it is more than 4 hours in the wrong temperature, trash it. |
| **Preparing** | Contamination | No | Cutting boards, knives and all equipment must be sanitized and clean | Ensure all utensils and mixing pots are clean before use. | Inform dishwasher if any utensils/pots are not clean and grab new clean ones. |
| **Cooking** | Pathogens survival | Yes | Heat to 74 C/165 F or hotter and hold for at least 15 seconds. | Check polpettone temperature with a clean and sanitized thermometer before serving/holding. | Continue heating until 74 C/165 F or hotter for 15 seconds. |
| **Holding** | Growth of pathogens | Yes | Minimum temperature of 60 C/140 F | Check polpettone temperature in hot-hold before serving only. (This dish does not go well if its reheated as it looses its quality.  | If polpettone is in a lower temperature than 60 C/140 F for 2 hours or less, reheat it to 74 C/165 F. If the polpettone is more than 2 hours in a lower temperature than 60 C/140 F, trash it. |
| **Cooling** | Growth of pathogens | Yes | Within 2 hours: cool from 60 C/140 F to 20 C/70 F.Within the next 4 hours: cool from 20 C/70 F to 4 C/40 F. | Check the temperature with a clean and sanitized thermometer. | If the time and/or temperature standards not met, trash it. |
| **Reheating** | Pathogen survival | Yes | Needs to be heated to 74 C/ 165 F or hotter and hold for the minimum time of 15 seconds. It must be heated within maximum 2 hours in room temperature. | Check the temperature with a clean and sanitized thermometer each 1 hour. | -If the time standards not met, trash it.-If time met, but temperature does not, continue heating until the temperature met. |

**NOTE: As a breaded food, polpettones are not good to be eaten when reheated. So, it is recommended to store it breaded, but not fried, and then shallow-fry `a la minute.**

**Parmesan cheese**

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| **Step** | **Food Safety Hazards** | **Critical Step** | **Critical Limits** | **Monitoring the Critical Steps** | **Corrective Action** |
| **Receiving** | ContaminationGrowth of pathogens  | No | Cheese must be below 2-4C/ 35-40 F | -Check the temperature.-Visually look for fungus, contamination and/or sour smell. | Reject load if above 4 C/40 F, if fungus and/or contamination are seeing or if they had sour smell. |
| **Refrigeration** | Growth of pathogens | No | -Maintain below 4 C/40 F.-Store in the top shelf. | Check food and room temperature each 4 hours. | Lower the cooler temperature setting. If it is more than 4 hours in the wrong temperature, trash it. |
| **Preparing** | Contamination | No | Cutting boards, knives and all equipment must be sanitized and clean | Ensure all utensils are clean before use. | Inform dishwasher if any utensils/pots are not clean and grab new clean ones. |
| **Cooking** | Pathogen survival (because of contact with meat) | Yes | Heat to 74 C/165 F or hotter and hold for at least 15 seconds. | Check polpettone temperature with a clean and sanitized thermometer before serving/holding. | Continue heating until 74 C/165 F or hotter for 15 seconds. |
| **Holding** | Growth of pathogens | Yes | Minimum temperature of 60 C/140 F for hot-holding | Check polpettone temperature with a clean and sanitized thermometer before holding. | Continue heating until 74 C/165 F or hotter for 15 seconds. |
| **Cooling** | Growth of pathogens | Yes | Within 2 hours: cool from 60 C/140 F to 20 C/70 F.Within the next 4 hours: cool from 20 C/70 F to 4 C/40 F. | Check the temperature with a clean and sanitized thermometer. | If the time and/or temperature standards not met, trash it. |
| **Reheating** | Pathogen survival | Yes | Needs to be heated to 74 C/ 165 F or hotter and hold for the minimum time of 15 seconds. It must be heated within maximum 2 hours in room temperature. | Check the temperature with a clean and sanitized thermometer. | -If the time standards not met, trash it.-If time met, but temperature does not, continue heating until the temperature met. |

**Eggs**

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| **Step** | **Food Safety Hazards** | **Critical Step** | **Critical Limits** | **Monitoring the Critical Steps** | **Corrective Action** |
| **Receiving** | Pathogen survivalContamination | No | Eggs must be received at the temperature of 7 C/45 F and they must have their shells intact. | -Check the temperature of the vehicle that transported the eggs and of the eggs it self.-Check if the eggs have their shells intact with no rashes.-Check if the eggs are dirty. | -Wash the eggs to clean them if they are dirty.-Reject the load if the eggs are broken or if the temperature limits does not met. |
| **Refrigeration** | Growth of pathogens | No | -Store the eggs at the temperature of 7 C/45 F-Store it in the top shelf and make sure it is in the main body of the refrigerator, to make sure it is not going to be placed somewhere it would be exposed to temperatures changes. | -Check room temperature each 4 hours.-Make sure it is storage in the right spot. | If the temperature is higher than 7C/45 F for more than 4 hours, trash it. If it is for less than 4 hours, lower the temperature of the refrigerator. |
| **Preparing** | ContaminationGrowth of pathogens | No | -Ensure cross-contamination is not going to happen by using sanitized and clean utensils.-As used to breading, eggs can only be in the danger zone temperature for maximum 2 hours. | -Ensure all utensils are clean before use.-Ensure eggs are not going to be exposed to the room temperature for more than 2 hours after brake the shells. | Inform dishwasher if any utensils/pots are not clean and grab new clean ones.-If more than 2 hours in room temperature after broken, change the breading eggs. |
| **Cooking** | Pathogen survival | Yes | -Eggs need to be cooked to at least 68 C/155 F for a minimum time of 15 seconds.-If using pasteurized eggs, they need reach the temperature of 59 C/138 F. | -As the eggs are being used to bread the polpettone and it cooks in a higher temperature needed to guarantee the safety of eggs, it is not needed to confirm if it reached the temperature with a thermometer. | If the polpettone is not cooked to74 C/165 F or hotter for at least 15 seconds, continue cooking until the temperature met.  |
| **Holding** | Growth of pathogens | Yes | **-Eggs must the hot-hold at** **60 C/140 F, or hotter, for maximum 30 minutes.** | Check polpettone temperature with a clean and sanitized thermometer before holding. | Continue heating until 74 C/165 F or hotter for at least 15 seconds. |
| **Cooling** | Growth of pathogens | Yes | **Within 2 hours: cool from** **60 C/140 F to 20 C/70 F.****Within the next 4 hours: cool from 20 C/70 F to 4 C/40 F.** | -Check the temperature with a clean and sanitized thermometer.-Ensure the time limits where followed. | If the time and/or temperature standards not met, trash it. |
| **Reheating** | Pathogen survival | Yes | **Needs to be heated to 74 C/ 165 F or hotter and hold for the minimum time of 15 seconds. It must be heated within maximum 2 hours in room temperature.** | -Check the temperature with a clean and sanitized thermometer.-Ensure the time limits where followed. | -If the time standards not met, trash it.-If time met, but temperature does not, continue heating until the temperature met. |

**Rapine Almondine**

**Rapine**

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| **Step** | **Food Safety Hazards** | **Critical Step** | **Critical Limits** | **Monitoring the Critical Steps** | **Corrective Action** |
| **Receiving** | Contamination | No | Rapine must be transported at 0C/32F to guarantee freshness. It should be received clean or at least not that much dirty, as it can be received in natura. | Visually check the status of the load. Look for rotten spots and excessive dirty.Monitor the temperature of the load. | Reject the load if rottenness is found is found or it is EXCESSIVELY dirty. |
| **Refrigeration** | Contamination | No | Rapine should be kept refrigerated at 0C/32F (or the closest as possible) to guarantee freshness. | Monitor the temperature of where the rapine is kept. | If the temperature does not met the limits, adjust it. |
| **Preparing** | Contamination | No | -Ensure cross-contamination is not going to happen by using sanitized and clean utensils.-the rapine must be extremely clean to be cooked. | -Ensure all utensils are clean before use.**-**Ensure the rapine is clean, free of soil. | Inform dishwasher if any utensils/pots are not clean and grab new clean ones.-Wash the rapine again if any soil is present. |
| **Cooking** | Pathogen survival | Yes | Needs to be cooked until 49C/120F.  | Confirm if the temperature met with a clean and sanitized thermometer | If the temperature were not reached, keep cooking it. |
| **Holding** | Growth of pathogens | Yes | Needs to be hold at 60C/140F for maximum 4 hours | Check the temperature with a thermometer each 2 hours. | If the temperature/time conditions were abused, trash it. |
| **Cooling** | Growth of pathogens | Yes | Within 2 hours: cool from 60 C/140 F to 20 C/70 F.Within the next 4 hours: cool from 20 C/70 F to 4 C/40 F. | -Check the temperature with a clean and sanitized thermometer each 2 hours. | If the temperature/time conditions were abused, trash it. |
| **Reheating** | Pathogen survival | Yes | Needs to be heated to 74 C/ 165 F or hotter and hold for the minimum time of 15 seconds. It must be heated within maximum 2 hours in room temperature. | -Check the temperature with a clean and sanitized thermometer.-Ensure the time limits where followed. | -If the time standards not met, trash it.-If time met, but temperature does not, continue heating until the temperature met. |