

FOOD PREPARATION AND PRODUCTION

-BAHASA INGGRIS BOGA-

A top-down view of various fresh ingredients prepared for cooking, arranged on a striped surface. The ingredients include: a large bowl of fresh basil leaves, a container of chopped basil, a jar of white liquid (possibly milk or cream), a bottle of yellow liquid (possibly oil or juice), several small jars of spices (one with a red lid, one with a black lid), a container of shredded orange carrots, a container of green leafy vegetables, a container of green grapes, a container of purple grapes, a container of sliced cucumbers, a container of sliced tomatoes, a container of sliced mushrooms, a container of sliced green beans, a container of sliced zucchini, a container of sliced carrots, and a container of sliced onions. A semi-transparent blue banner with the text "FOOD PREPARATION" is overlaid across the center of the image.



Food Preparation

Food preparation is the actions that are performed to prepare food to either ensure that the food we consume is safe to eat or to enhance the flavor.

Keep food safe

Some foods carry bacteria. Indirect contact between foods can cause cross-contamination.



Use separate utensils and chopping boards for raw and cooked foods



Store raw food and cooked food separately, or cooked above raw



Store food in date order – Use the oldest food first and dispose of out of date food



All stored food should be kept wrapped or in sealed containers

Why Is Food Preparation Important?

- **Food poisoning**- Teaching your staff to adhere to proper food preparation helps reduce the likelihood that your diners will suffer from food poisoning. Many times, food poisoning occurs because certain foods aren't stored at the proper temperature.
- **Food allergies**- You may have diners with food allergies. Proper separation of foods during the preparation process is one way that your establishment can help diners choose your restaurant with confidence. By training your staff to always use separate cutting boards, utensils, bowls, platters, etc., you may very well save a life or, at the very least, save a diner from a very uncomfortable experience!
- **Higher food quality**- Better food quality means a better reputation for your restaurant. Proper food preparation is an easy way for your restaurant to ensure that it's serving higher quality dishes.
- **Fewer issues with the state**- As a licensed establishment, you're required to undergo certain inspections. Your staff is required to know and follow certain food preparation techniques. By following the required practices, you'll have fewer issues with the state and save yourself a lot of trouble (and a lot of money).

Do's and Don't of Food Preparation



- **Do not rinse meat before cooking-** The bacteria that commonly cause food poisoning cannot be rinsed away. It is cooked away. Pork, chicken, and beef all have different internal temperatures to which they should be cooked. And if the meat is rinsed, it is likely that the water may splash out of the sink onto nearby surfaces and utensils and cause cross-contamination.
- **Do not soak the meat in salt water-** Saltwater does not remove bacteria. While soaking the meat in salt water won't necessarily hurt anything from a food safety standpoint, it doesn't help anything, either. If you choose to do this, the meat and the saltwater should be kept in the refrigerator at the proper temperature to limit bacterial growth.
- **Do wash your hands right away after handling raw meat-** This includes poultry, pork, and beef as well as its packaging. Anything touched after handling any type of raw meat will be contaminated. Hands should be washed using warm water and soap for at least 20 seconds.
- **Do wash all surfaces immediately with hot, soapy water to prevent cross-contamination after preparing raw meat or after meat or poultry packaging contact-** This helps prevent cross-contamination with other foods, surfaces, and utensils. Surfaces and utensils should also be sanitized on a regular basis.

Do's and Don't of Food Preparation



- **Do throw away packages from raw meat right away-** This includes packages for beef, poultry, and pork regardless of what they're made from. They should never be reused (including the plastic covering). Egg cartons should also be thrown away immediately. This helps reduce the risk of cross-contamination.
- **Do not use the same utensils for cooked foods for raw foods-** Raw foods should have dedicated utensil and cooked foods should have a dedicated utensil. This helps limit cross-contamination. (Are you noticing a theme?) Raw foods and cooked foods should not be stored together, either. They should be kept on separate plates or in separate bowls.
- **Do not rinse eggs-** When commercial eggs are prepared for shipment, they are washed. It's required by federal law. If a shell has even a small crack in it, you may not notice it. If you rinse it, splashback may occur onto nearby surfaces and utensils. This can then cause the egg residue to make it onto surfaces and utensils and causing, you guessed it, cross-contamination.
- **Do make sure that all produce is rinsed with water before it is prepared-** All fruits and vegetables should be rinsed with water before being prepared. There is no need to use any sort of soap or detergent. Water is all that is needed to remove dirt, pesticide, and to reduce the amount of bacteria present. Soap and detergents are not safe for consumption. When preparing the produce, bruised areas should be removed. Once cut, produce should be refrigerated for quality as well as for food safety.



FOOD PRODUCTION

Types of Food Production

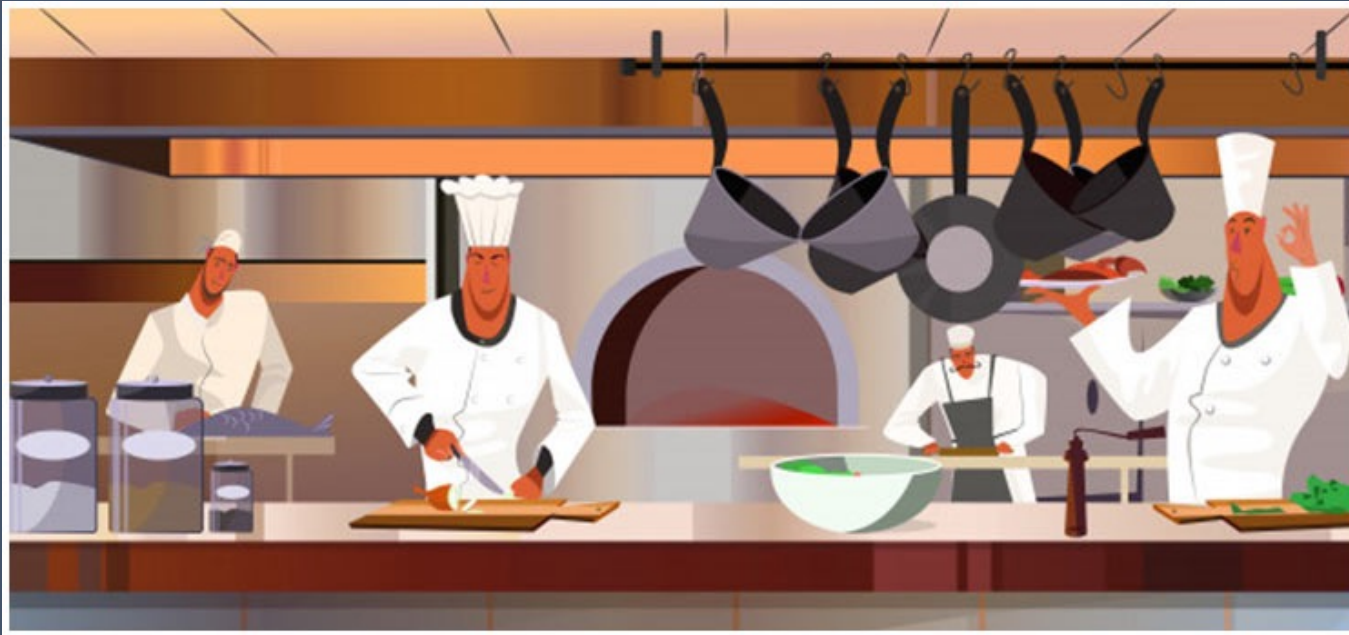


- Harvesting
- Crop management
- Preserving
- Crop production
- Fermenting
- Pickling
- Cooking at restaurants
- Production of drinks
- Broiling
- Grilling
- Baking
- Stewing
- Braising

FOOD PRODUCTION

- Food production and food processing though interrelated are two different terms. But they often overlap each other and a process can be used for both processing and producing.
- **Food processing** particularly refers to the processes used for changing the raw materials into finished edible product.
- **Food production** on the other hand refers to processes for making the food ready to eat.
 - So, it can be said that cooking is a term generally used for food production. Food production also incorporates in itself the steps that are involved for preparing a meal from the grocery products.

FOOD PRODUCTION METHODS



- Slicing
- Cutting and chopping
- Marinating
- Boiling
- Broiling

- Fermenting
- Curing
- Emulsifying
- Frying
- Grilling

- Steaming
- Mixing
- Grinding