

## Sanitary Precaution Measures for Food Preparation

All Steward Department personnel are responsible for a complete knowledge of the sanitary aspects of food preparation.

If food cannot be served immediately after it has been prepared, it will not be held longer than four hours after it has left the oven or its cooking utensil. If it is going to be held longer than four hours after it has been prepared, then it will either be chilled to a temperature of 50 degrees F. or below as soon after cooking as possible or held at a temperature of 140 degrees F. or above. These temperatures hold the development of bacteria to a minimum. If the food item is refrigerated at intervals and then permitted to warm up, the total time of the various periods in the bacteria growth temperature range will not be more than four hours. Ordinarily the chilling procedure will be used, because holding foods at a high temperature for a long period of time results in the loss of nutritive value as well as undesirable changes in flavor and appearance.

When leftover or warm foods are chilled, care must be taken to assure prompt chilling of the food all the way through. Foods that are to be refrigerated must be placed in several shallow pans to a depth of not more than three inches. Foods will not be put in one large, deep pan. Chilling in a deep pan may take so long to get to the center of the food mass, that sufficient time is allowed for the growth of harmful bacteria and the development of a toxin. Any other procedure which might delay cooling will be guarded against.

Bread puddings, custards, eclairs and foods with cream fillings will be covered, cooled quickly and placed in a refrigerator or in some other cool place until ready to serve. If it is not possible to cool them in some manner, they will not be prepared for the general mess.

Foods to be ground for hash or other dishes must be cooked immediately after it has been ground. It must not be ground some time previous to actual cooking and then returned to the refrigerator to be cooked at a later time. To grind food increases the area for contamination and the growth of harmful bacteria. In the case of chilled foods, to grind them warms them up to the point where harmful bacteria growth may start.

Products such as reconstituted dried eggs and vegetables are as susceptible to spoilage after reconstitution as the fresh product. Therefore they will not be reconstituted any sooner than is necessary to achieve the right degree of absorption of moisture unless they are thoroughly chilled immediately after mixing with the water.

Frozen foods will never be permitted to thaw until immediately before preparation for cooking or serving. Once they have thawed they are as susceptible to spoilage as fresh foods. Once defrosted, quick-frozen foods must not be refrozen.

Steward Department personnel who have boils or infected cuts on their hands, will not be permitted to handle food. All personnel will be cautioned against sneezing or coughing in places where food is prepared and served. The utmost observance of personal cleanliness is to be enforced.

Only pure water, distilled when Practicable, will be allowed for cooking purposes.

Food which shows the slightest signs of spoilage either in appearance or odor will not be served except upon the advice of a medical officer. All food held in the galley will be covered properly to prevent contamination by rodents and insects. In preparing food, all scraps and waste matter will be disposed of as rapidly as possible to prevent the attraction of insects.

SAVE THIS INFORMATION - MORE WILL BE FORTHCOMING