




Chefs & Health Inspectors-Reducing Our Fear & Anxiety

Developing Active Partnerships between regulators,
culinary programs, and retail food establishments





In my almost 40 years of working in kitchens why does it always strike fear into everyone when we hear the words “the health department is here for an inspection”?

- We both have public health & safety as a priority.
- Aren't cooks properly trained in the tenants of proper food handling and sanitation?
- Fear of being tested? Asked questions?
- Fear of receiving a poor score and reprimands from management/owners?
- Fear of a public shaming?



Retaining and Applying the information taught during the ServSafe course-why is it so difficult?

- Students do not understand the gravity of the situation and that by being a cook they hold the public's health in their hands.
- Some instructors may not stress the importance of the material enough.
- Unrecognizable words with related specific criteria attached.
- Memorize it for the ServSafe Exam instead of Own the information.
- Acronyms, temperatures & times –it's a lot to remember



More Reasons why I find cooks do NOT practice sound basic food sanitation principals

- Laziness – during mise en place, cooking, cooling, receiving, storing, thawing, etc.
- Not fun
- Too time consuming
- Cooks are “artiste” they just want to be “free”
- Idealistic – the false belief that food is safe, and businesses and companies will keep them safe.
- Ignorance –of the fatal nature of neglectful food preparation practices



On the first day of school, I like to ask students Is this true??????????

- 1 Year
- 48 Million people suffer from food borne disease
- 128,000 are hospitalized
- 3,000 die
 - That means each day
- 131,507 people suffer from food borne disease
- 351 people are hospitalized
- 8 people die from food borne illness



The How & Why

Is our current system setup to teach the hows & whys?

- With cooking we drill, repeat, practice the hows & whys.
- Is more time spent teaching cooking theory than is spent teaching safe food handling principles? Yes
- Do cooks often shortcut proper cooking techniques and produce products with inferior results-Yes.
- Do cooks shortcut proper sanitation and safety practices and produce inferior results-Yes.
- Reasons why to both-?

If adherence to the basics like:

- Cooking Temperatures
- Cooling and Refrigerator Temperatures
- Time – Temperature requirements
- Proper storage and refrigerator organization
- RTE food handling
- Proper cleaning
- Proper handwashing
- etc



What about understanding,
creating, and adhering to:

Variances & HACCP





The Social Media Impact

- Culinary students and cooks often view social media and watch cooking shows. Frequently what they see depicted is outside the standard retail kitchen practices that are part of retail food kitchen inspection.
- Most of what we see on SM or TV is the outcome of a recipe, whether real or simulated, but not the process. Whatever the process/final product is viewed there is little attention that the recipe involves an elevated public health risk.

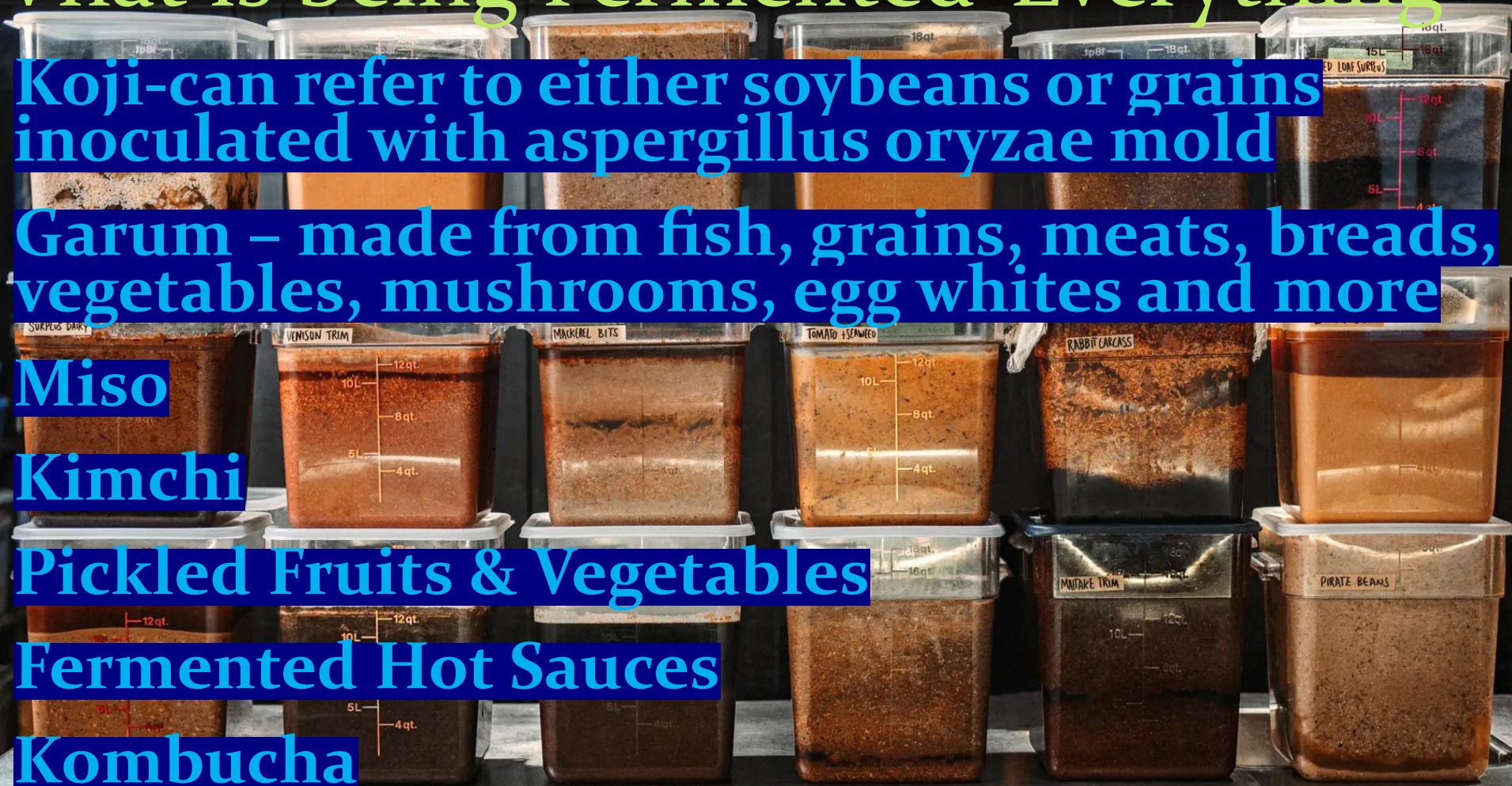


What Types of Foods & Processes are People Seeing on Social Media?

- Fermentation – Why?
 1. Preservation of seasonal products.
 2. Adds complexity or depth of flavor to items.
 3. Utilize product that would otherwise be composted.

What is being Fermented-Everything

- Koji-can refer to either soybeans or grains inoculated with aspergillus oryzae mold
- Garum – made from fish, grains, meats, breads, vegetables, mushrooms, egg whites and more
- Miso
- Kimchi
- Pickled Fruits & Vegetables
- Fermented Hot Sauces
- Kombucha
- Vinegars



How would you react if you came into my restaurant and saw this?





Meat Garum-Noma-“Best Restaurant in the World” five times. “Most influential restaurant of our time”

- In order to produce a faster garum, we also ferment ours in a room held at 60°C/140°F. While this temperature precludes microbial activity, it accelerates enzymatic activity to a maximum while simultaneously facilitating Maillard reactions that imbue the sauce with the flavor of roasted meat. At this temperature, we can typically go from a bucket of meat to fully finished garum in 10 to 12 weeks. You’ll notice distinctive changes in the product as those weeks go by. At first, it tastes like a murky stock, but after the first week or so, the enzymatic action takes off and you can sense the umami building. After about a month, more caramelized flavors step to the front. By the end, everything sits in delicious harmony.
- It’s possible that you find something inherently worrisome about placing raw flesh into salt water with moldy grains and letting them sit for months, but rest assured, garums are by far the most precise and safe ferments we make at Noma. The high salt content (about 12% by weight), coupled with the high temperature, creates an environment that nearly all food-borne pathogens can’t tolerate



What kind of other things are we cooks seeing on Social Media

- Sous Vide- Cooking under vacuum
- Low Temperature cooking- not cooking to temperature guidelines.
- Vacuum Sealing – for preservation-most cooks do not know the proper procedures for vacuum sealing or thawing vacuum sealed seafood
- Meat Curing-making bacon, hams, etc.
- Making dried cured salamis of various types
- Aging Meats and Seafoods
- Eating Raw Meats & Seafood



Aging Fish & Meat are Popular



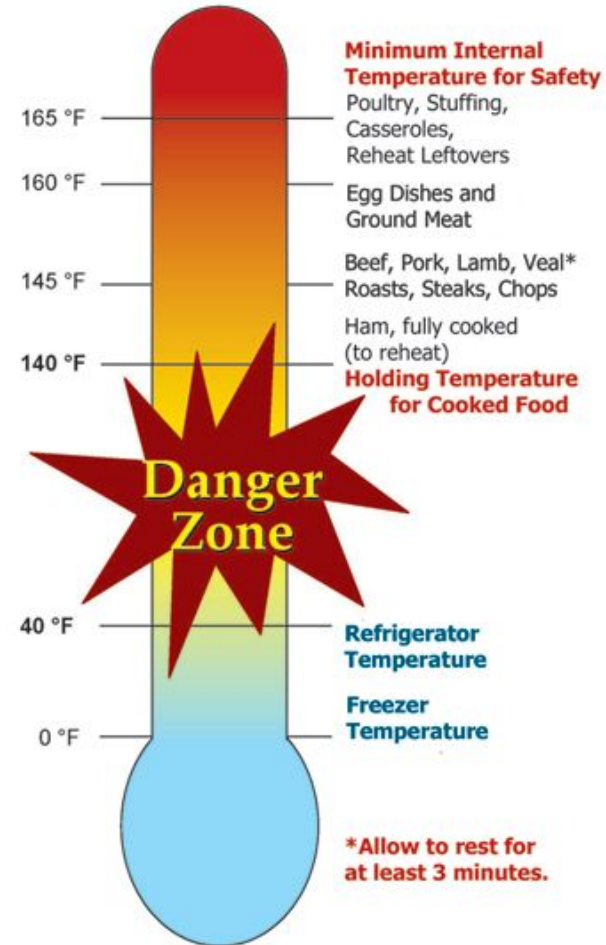
Reliable Sources



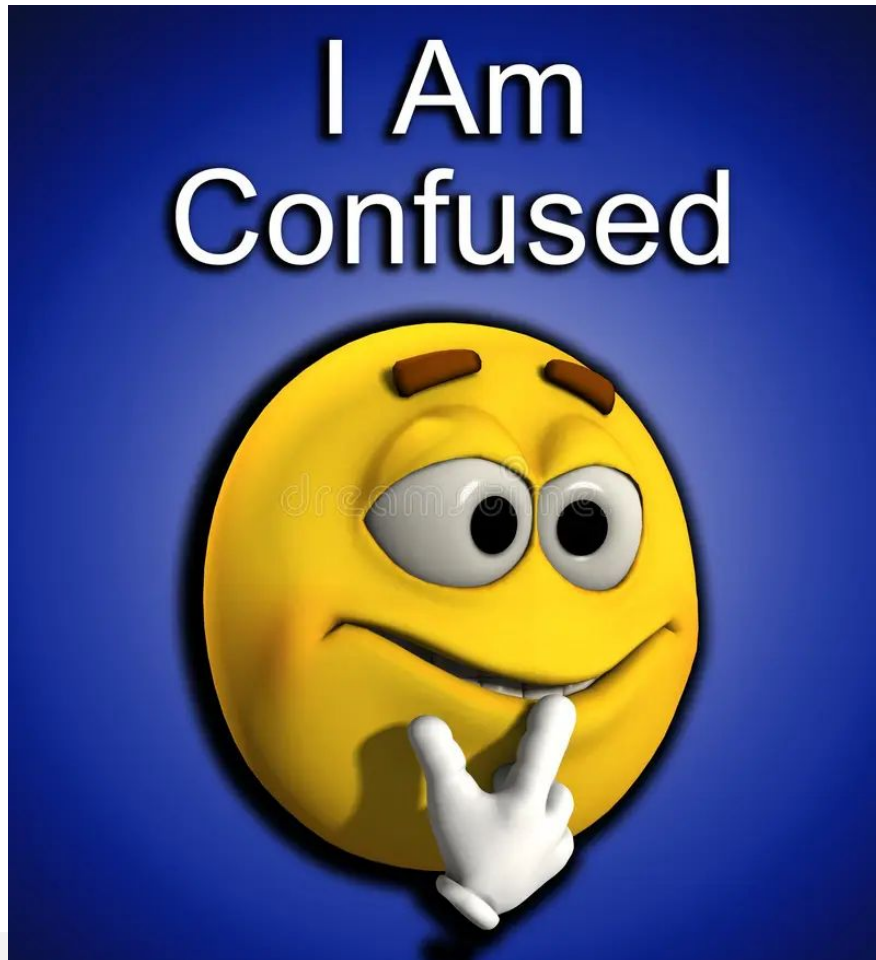
Meat at 72 hours at 133 F, but the USDA says

- For 72-hour sous vide short ribs, the ideal temperature range is 133°F to 144.5°F (56°C to 62.5°C). This allows for maximum tenderness and flavor, ensuring the collagen breaks down completely. A common recommendation is to cook at 144°F (62.5°C) for 60 hours, then increase to 144.5°F (62.5°C) for an additional 12 hours. Some recipes suggest lower temperatures like 131°F (55°C), while others recommend 135°F for a slightly more "steak" texture.

- AI Overview-Google



How can we create more well informed cooks & improve the dynamics of the relationship between food safety regulatory inspectors and kitchen staff.



- Even though I have taken many food safety classes over the years and have been ServSafe certified for over 30 years, the greatest assistance in better understanding food safety standards with special processes is due to the willingness of the Jonathan Wheeler, our Special Processes Team Leader, Division of Food and Lead Risk Assessments, S.C. Dept. of Health & Environmental Control, to build a relationship with me and my faculty.




Collaboration

It started because I wanted to continue to make dried cured salamis and whole muscles when we moved into our new facility in October 2016

Short story time, what I was doing before this time.





Jonathan provided us education, review, guidance, as we wrote HACCP Plans for

ROP
Cook-Chill

ROP Storage
– Storing
Meat, Poultry

Sous Vide
Cooking

Cured &
Dried Whole
Muscle


Cured &
Smoked

Fermented
Sausage

Time for revision and to move our relationship forward for the well being of all.



- Initiated by and because of the willingness of Jonathan Wheeler and Matthew Scott we will begin a new level of collaboration this Fall.
- With collaboration between the South Carolina Department of Agriculture Consumer Protection Division and the HGTC International Culinary Institute of Myrtle Beach. Reaching between 70 to 100 culinary students plus faculty & staff



Jonathan & Scott will instruct culinary students on Active Managerial Control (AMC), HACCP, and key retail special processes in 8 Units

Unit 1: Active Managerial Control – in person 1.5 hours

Unit 2: Science of Food Safety – virtual 1.5 hours

Unit 3: HACCP Foundations – Controlling Risk Factors –virtual 1.5 hours

Unit 4: Developing a HACCP Plan – 7 Principles – virtual 1.5 hours

Unit 5: HACCP Prerequisite Programs – virtual 1.5 hours

Unit 6: Reduced Oxygen Packaging (ROP) Processes – virtual 1.5 hours

Unit 7: Acidification Processes – virtual 1.5 hours

Unit 8: Curing Processes – virtual 1.5 hours



Taking Sanitation Education to a New Level

- HACCP template (sous vide cooking) for use as seatwork will be provided, for students to complete as they work through Units 3-6.
- Each unit will be accompanied by a quiz. We will use our college's D2L digital platform to host the quizzes.
- “Most commonly missed” questions from previous sessions will be discussed briefly at the beginning of each successive session as review.
- SCDA will also provide a PDF copy of the instructional presentations with hyperlinks to key resources.



Implementation plan from our side:

- We plan to continue to teach the ServSafe curriculum and for students to take the ServSafe Managers Certification exam.
- We plan to embed the curriculum with Jonathan and Scott into our Storeroom & Purchasing Class as all students enrolled in Culinary Arts, Baking Pastry Arts, and Hospitality & Tourism will be enrolled in the course.
- A more unified approach to the understanding of the major food safety risk factors, controls and HACCP is an essential job skill for every student entering culinary professions.

 Growing the relationship between food safety regulators, the culinary colleges programs and the retail food industry.



- Together the SCDA and our culinary school are working to emphasize the importance of partnering with the inspector, understanding the major risk factors and how they must be controlled, and for providing proper training and food safety culture in the kitchen.