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a) The optimal storage conditions of rice are extremely important especially in preventing the growth of bacteria. Rice when uncooked should be stored in a cool dark place with other dry ingredients in a sealed, dated upon opening container. When cooked rice must be kept above 60°C , if left warm for service it should be held at 75°C . Rice once cooked must be subject to the 2 hour, 4 hour rule, after 4 hours ~~it~~ it must be thrown out. If cooked then cooled it must be stored in a refrigerator below 4°C . ~~It~~ Rice can easily become susceptible to bacteria growth & must be carefully stored in order to prevent this.

Chicken is similarly susceptible to bacteria growth when stored in poor conditions. Raw chicken should be immediately refrigerated (or ^{below 4°C}) or frozen (below -10°C). It should be stored in an airtight bag or container. Chicken when cooked should be always stored

above 60°C to prevent bacteria growth. Chicken should be stored individually when uncooked as to prevent cross-contamination.

Salted caramel ice-cream must be stored in an environment in which the ice-cream won't melt. When bought it needs to be placed in a freezer as soon as possible & ~~be~~ stored in an environment that maintains a temperature below -10°C , ~~optimal~~ optimal conditions would be -15°C .

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b) Effective workflow is extremely important in the planning & preparation of foods. Workflow includes organisation, time-management, mise-en-plac & planning. An effective work-flow ensures dishes are made consistently, safely & with quality.

Organisation is especially important in the planning of menu items. An organised individual ensures the entire cooking process is thought-out & prepared for. For example ~~an~~ organisation ensures all the ingredients in the correct quantities & are available for cooking ~~before~~ ahead of time. This is especially important in relation to ~~so~~ meals subject to seasonal changes & menus cooked in extreme time-limits. Prawns are an example of an ingredient subject to weather, environment & location.

Time-management is also extremely important to an effective workflow, it

ensures meals are made on time, & without rush, which could potentially lead to mistakes & hazards because of stress. Time-management means that if a commercial kitchen pre-prepares salted caramel ice-cream it has enough time to mix, & set in the freezer before service time.

Mise-en-plac is the process essential to ~~more~~ effective workflow. This pre-preparation of equipment & ingredients ensures the entire cooking process can occur smoothly when under stress. Mise-en-plac ensures that when for example, preparing Caesar salad the ingredients are prepared, the lettuce chopped, croutons prepared, dressing prepared, bacon cooked, egg cooled in a logical manner so that when finally cooking the fresh ingredients the salad can be quickly put together without confusion ~~or~~ or allowing wasted time that ~~could~~ could lead

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to bacteria ~~growth~~ growth & a poorly presented dish.

An effective work-flow relies on a foundation of careful planning that ensures dishes are cooked with care & without hazard. This ensures that dishes are presented well to the customer in an appropriate time.

← Tick this box if you have continued this answer in another writing booklet.