

# Fresh/Raw Beef Standard Operating Procedure

## Purpose

- To prevent foodborne illness by ensuring that all foods are cooked to the appropriate internal temperature.

## Scope

This procedure applies to Food Service staff who prepare or serve food.

## Key Words

Cross-Contamination, Temperatures, Cooking

## Instructions

1. Train Food Service staff on using the procedures in this SOP. Refer to the washing hands SOP, the cleaning and sanitizing surfaces SOP, and the Using and Calibrating Thermometers SOP.
2. Follow State or local health department requirements.

## Thawing Beef

1. Use one of the two acceptable methods for thawing food:
  - a. Thaw foods in the refrigerator at 41°F or below.
  - b. Thaw foods needed for immediate service under potable running water at 70°F or lower. Prepare the product within 4 hours of thawing.
2. Use the lowest shelf in the cooler for thawing raw meat to prevent cross-contamination and separate raw products from cooked and ready-to-eat products.
3. Do not refreeze thawed foods, unless they are first cooked or processed.
4. Discard thawed, potentially hazardous foods that have been above 41°F for more than four hours.

5. Wash hands and surfaces often.

### **Prepping Beef**

1. Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Use one cutting board for fresh/raw Beef. Different colored boards are a good way to keep track.
3. Wash your cutting boards, dishes, utensils, before switching to a different protein.
4. Use the wash, rinse, sanitize method to clean up kitchen surfaces. Use a clean towel for each step.
5. Never place cooked food on any surface that previously held fresh/raw proteins unless it has been properly washed, rinsed and sanitized.
6. Don't reuse marinades, breading mixtures, or spice mixtures used on raw foods that have been contaminated.
7. Only work in small batches at a time to avoid time temperature abuse.
  - Expose food ingredients to room temperature for two hours or less. Food items must be returned to cold holding as soon as possible after service. TOTAL time of food at room temperature shall not exceed four hours.
8. If not cooking right away, properly wrap, label, and store for future use. Store on the bottom rack in the walk-in cooler or freezer.
9. Prepare products that will not be cooked or heated away from cooked and heated products.

### **Cooking Beef**

1. Preheat your cooking equipment to the recipes instructions.
2. Wash, rinse, and sanitize the table you will be working from.
3. Place all the beef pans you are cooking right away onto a speed rack to wheel out to your oven/recipe recommended cooking equipment.
4. Set pans on your clean/sanitized table and unwrap your pans.

5. Put your pans in the recommended cooking equipment and cook according to recipe instructions.
6. Rotate food as needed if your cooking equipment doesn't cook evenly.
7. Take end-point cooking temperatures using a calibrated thermometer to check product temperature in the thickest part of the item for 15 seconds.
  - Beef roasts or other whole muscle cuts must be cooked to a minimum temperature of 145°F.
  - Ground beef (including plain patties) must be cooked to a minimum temperature of 155°F.
  - Fresh meatballs, meatloaf or other fresh ingredient stuffed meat products must be cooked to a minimum temperature of 165°F.
  - If the recommended temperature is not met, continue cooking until the proper temperature is reached.
8. Record the end-point cooking temperature on the Cooking and Reheating Temperature Log.
9. Reduce holding time of foods before serving by using batch cooking.
10. Allow the temperature of cooking equipment to return to required temperatures between batches.
11. Never use hot holding equipment to cook or reheat foods.

**If using Cook/Chill method:**

- When you do not serve cooked food immediately, you must get it out of the temperature danger zone as quickly as possible. That means cooling it quickly.
- **Cool TCS food from 135°F to 41°F or lower within 6 hrs. Food needs to be cooled down to 70°F within two hours, then to 40°F or below in the next 4 hours. The total cooling time cannot exceed six hours. If you cannot get the food to cool within those temperature time frames it must be discarded.**
- Check your local regulatory requirements for verification on times and temperatures.

## Methods for cooling food

1. Separate food into smaller batches to cool more quickly and evenly.
  - **Ice water bath method.**
    - Place food containers in a clean prep sink or pot filled with ice water.
    - Stir the food frequently to cool it faster and more evenly.
    - Take temperatures every 30 minutes and record on your food cooling log.
  - **Ice paddle method:**
    - Take Ice paddles out of the freezer and let sit at room temperature for a few minutes to temper. They might crack if you place directly into hot food straight from the freezer.
    - Use frozen ice paddles to stir hot liquid to rapidly cool.
    - Stir the food frequently to cool it faster and more evenly.
    - Take temperatures every 30 minutes and record on your food cooling log.
    - You can use both of these methods simultaneously to cool your food even more quickly. Take temperatures every 30 minutes and record on your food cooling log.
  - **Walk-in freezer method.**
    - Separate food into smaller batches using shallow hotel pans or sheet pans.
    - Place on the appropriate speedrack skipping every other level to ensure optimal airflow for cooling.
    - If using hotel pans you may need to place those on sheet pans to fit on your rack.
    - Leave the food out at room temperature for at least 20 minutes to cool before putting in your walk-in freezer.
      - You do not want to put your freezer into shock and risk a rapid defrost putting the other food items in the freezer into danger.

- Stir food and take temperatures every 30 minutes and record on your food cooling log until the temperature on your food is under 40°F.
- Then cover, label with the food item, the date packed and use by date.
  - Check with your local regulatory agency before using this method. It may not be acceptable in your county.
- **Blast Chiller method.**
  - Separate food into smaller batches using shallow hotel pans or sheet pans.
  - Place on the appropriate speedrack skipping every other level to ensure optimal airflow for cooling.
    - If using hotel pans you may need to place those on sheet pans to fit on your rack.
  - Put a probe in one pan of food and monitor temperatures every 30 minutes and record on the food cooling log until the temperature on your food is under 41°F.
  - Then cover, label with the food item, the date packed and use by date.
- **Leftovers:**
  - All potentially hazardous hot foods must be maintained at 41° or lower in refrigeration and shall be consolidated and labeled with the date for reuse.
  - Items must be logged and discarded using the 5 day discard date.

## Monitoring

1. Use a clean, sanitized, and calibrated probe thermometer, preferably a thermocouple.
2. Avoid inserting the thermometer into pockets of fat or near bones when taking internal cooking temperatures.
3. Take at least two internal temperatures from each batch of food by inserting the thermometer into the thickest part of the product which usually is in the center.

4. Take at least two internal temperatures of each large food item, such as a roast, to ensure that all parts of the product reach the required cooking temperature.

**Corrective Action**

1. Retrain any Food Service staff found not following the procedures in this SOP.
2. Continue cooking food until the internal temperature reaches the required temperature.

**Verification and Record Keeping**

- Food Service staff will record product name, time, the two temperatures/times, and any corrective action taken on the Cooking and Reheating Temperature Log.
- Kitchen Lead will verify that Food Service staff have taken the required cooking temperatures by visually monitoring Food Service employees and preparation procedures during the shift and reviewing, initialing, and dating the Temperature Log at the close of each day. The Cooking and Reheating Temperature Log is to be kept on file for a minimum of 3 years.

Date Implemented \_\_\_\_\_ By \_\_\_\_\_  
Date Reviewed \_\_\_\_\_ By \_\_\_\_\_  
Date Revised \_\_\_\_\_ By \_\_\_\_\_