

Inside foodservice

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Proper freezing: a remedy for club kitchen headaches

Thirty years ago freezing equipment was not durable enough to keep pace with the foodservice industry. Food equipment manufacturers have solved this problem by developing freezers of high quality for use in all forms of foodservice establishments. Club and resort managers can reduce operating costs, improve efficiency of work flow, and produce higher sanitation standards in their foodservice. Here are the guidelines:

Store frozen food at 0° f. (-17.8° C.) or lower. Frozen food held at temperatures above 0° F. loses color, flavor, and other quality factors. Check the temperature of the freezer frequently, as quality loss occurs quickly as temperatures rise.

Frozen food should be solidly frozen when it is received. Purchase frozen food from a source that has stored it at 0°F. or lower, and do not accept damaged packages or ones with frozen crystals on the outside, which indicate thawing and refreezing. Broken wrappings may lead to moisture loss and drying out and may also indicate careless handling and storage. Place frozen foods in the freezer as

soon as they are received and date the packages so that the oldest items are used first. All items placed in the freezer should be wrapped to prevent freezer burn or dehydration, which is the loss of water from foods.

Refreezing of frozen foods is unwise because of possible undesirable changes in flavor, color, or texture. Frozen food that has completely thawed should not be refrozen without cooking because there may have been growth of bacteria.

Freezing of food should be done rapidly at a very low temperature. Minus 40° F. (-40° C.) is a temperature used by commercial freezing operations. Food can be frozen satisfactorily at 0° F. (-17.8° C.) if the amount of food to be frozen is limited so that quick and efficient freezing is possible.

Thermometers should be provided on all freezers. Temperature readings should be taken daily to check the performance of the freezer. The walk-in freezer should have an alarm system which may be sounded in case of accidental entrapment. Bells or signals should be placed on freezers to sound when the freezer is not functioning.

Care of freezers

Clean the freezer daily by wiping the exterior

with a damp cloth. Once a week wash the exterior of the freezer with a hot detergent solution. Rinse the exterior with a water and sanitizer solution and dry the surface.

Defrost the freezer once or twice a year, as needed, when frost becomes $\frac{3}{8}$ to $\frac{1}{2}$ inch thick on the sides or coils. When defrosting the freezer, disconnect the freezer by removing the plug from the outlet. Remove all food packages; cover or wrap them and place them in the walk-in refrigerator, if possible. Scrape as much frost as possible from the surfaces with a broad, stiff plastic spatula or a special tool. Use caution when scraping ice; never use a knife, ice pick, or other sharp object. You may use cold water to run over the refrigerated surfaces. Never use hot water. Removing the ice from the surface at intervals, as it loosens, speeds the defrosting process.

Wash the interior and inside of doors with warm water and baking soda (1 tablespoon baking soda to 1 quart of water). To keep freezers free of odors, use a sanitizer. To clean the exterior, wash with a hot detergent solution, rinse with a water and sanitizer solution, and dry. Insert the plug; then turn on switch. Let the freezer run for at least half an hour to bring the temperature down.

Inspect food packages and containers.

MONTHLY MENU IDEA FOR CLUB MANAGERS

ORIENTAL LAMB SQUARE CUT SHOULDER ROAST (four to six servings)

½ cup cooking oil	Salt
⅓ cup vinegar	Pepper
3 tablespoons soy sauce	¼ pound fresh mushrooms, sliced
1½ teaspoons sugar	1 cup sliced celery
¼ teaspoon dry mustard	1 can (5 ounces) water chestnuts, drained
¼ teaspoon ground ginger	1 package (7 ounces) frozen snow peas
1 teaspoon grated lemon peel	
1 full lamb square-cut shoulder	

Combine ¼ cup cooking oil, vinegar, soy sauce, 1 teaspoon sugar, mustard, ginger, and lemon peel in large bowl. Add lamb and turn until coated with marinade; then refrigerate 24 hours, turning roast occasionally. Sprinkle lamb with salt and pepper. Place on rack in shallow roasting pan. Roast in 325° F. (slow) oven 25 to 30 minutes per pound, or until meat thermometer registers 140° for rare doneness. Baste occasionally with marinade.

About 10 minutes before lamb is done, prepare vegetable dish. Heat remaining ¼ cup oil in skillet; then add mushrooms, celery and water chestnuts. Stir until mushrooms are tender. Add snow peas, 1½ teaspoons salt, dash pepper and remaining ½ teaspoon sugar. Cook, stirring constantly about 2 minutes longer, or until peas are tender. Serve with lamb.

