

Prep Person Need to Know Study Guide

Use this information to study for the Prep Person Quiz.

General

- Food is kept out of the temperature Danger Zone (41°-135°F).
- All shelf lives start when cooking process is complete unless otherwise specified in the recipe.
- All Team Members wash hands every 20 minutes in warm, soapy water for 20 seconds.
- Produce is properly stored at least 6" off floor in cooler.
- Fresh and pre-cut produce immersed in cold produce wash for at least 90 seconds, except sweet potatoes and Russet potatoes (which are washed in untreated water).
- No produce is rinsed under running produce wash. All produce is soaked.
- Cold produce wash is tested before use and again before draining the sink. Concentration level should be 1:170 to 1:128 dilution ratio.
- Use green cutting boards when prepping fresh fruits and vegetables. Always use separate cutting boards for produce items and for meat or non-produce items.

Storage and Shelf Lives

- All cold, prepped products labeled with prep date and use-by date.
- Uncut tomatoes, bananas, potatoes, and onions are stored at room temperature.
- Shelf life of made-from-scratch salad dressings is 7 days. Shelf life of pre-made salad dressings is 6 months unopened and refrigerated and 7 days once opened, crocked and refrigerated.
- Shelf life of all prepped lettuce, spinach, leafy greens, and hot bar greens is "same day."
- Shelf life of ready-to-eat foods (e.g. shredded cheese, olives, and pepperoni) is 7 days after opening the product packaging.
- All pre-made items are prepped out of view of the Guest.

Preparation

- All sliced items $\frac{3}{16}$ " thick, with these exceptions: onions for Onion Straws and potatoes for Potato Chips are $\frac{1}{16}$ "; tomato slices for sandwich toppings are $\frac{1}{4}$ ", and squash and zucchini slices for hot bar are $\frac{3}{8}$ ".
- Onion and green pepper strips cut approx. $\frac{1}{2}$ " wide.
- All diced vegetables are approx. $\frac{1}{8}$ ".
- When storing prepped cold bar products in crocks, fill them $\frac{2}{3}$ full.
- Display pans, crocks, and bowls must be filled with product for optimal presentation and temperature control on the bar. Fill only to the level where all product will remain below the bar top, down in the chilled portion of the bar. For crocks, this is $\frac{2}{3}$ full.
- All lettuce and salad mix is crisp, cut approx. 1" x 1".
- Grapes are firm and juicy; 2-6 grapes per cluster.
- Melons are cut in approximately 1 $\frac{1}{2}$ - 2" pieces with no rind.
- Potatoes used for Baking Potatoes are U.S. No. 1 (60-100 ct.) NW Norkota or Burbank Russet baking potatoes (from Idaho, Oregon, Washington, or Montana).

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Time-tagging

- The following are time-tagged when placed on buffet and used or discarded within 4 hours: cut, displayed melons; all cut tomatoes; cut leafy greens; Deviled Eggs; and all cold protein and seafood items on the cold bar.
- When using time as the food safety control rather than temperature, products can only be displayed for a maximum of 4 hours, even if the recipe shelf life is longer. If the shelf life is less than 4 hours, do not exceed the shelf life.
- Time tags must be placed on the back of the container, out of view of the Guests, and must include the start time and the end time. The original four-hour time limit stays in effect even when the pan is replenished. A new four-hour cycle starts only when an entirely new pan with new product is displayed.
- Lemon wedges served at all times on Cold Choice Buffet (not on Line). Six wedges per lemon.

Prepared and Made-from-Scratch Salads

- All made-from-scratch salads and cut melons chilled to at least 40°F before being placed on buffet. Ingredients for made-from-scratch salads also chilled before being mixed. Other cold bar items that must be pre-chilled are canned fruit, coleslaw dressing, Deviled Eggs, fresh cut fruit, hardboiled eggs, sour cream, relish, and dressings.
- Cold food kept between 32°- 38°F in cooler and between 32°- 40°F on the buffet.
- At least one fat-free dressing served in crock with labeled ladle.
- Buffet labels are required for all salad dressings (regular and fat-free). In addition, labeled ladles are required for all fat-free dressings.

Buffet Labels and Signs

- All food and beverages must be labeled with product name and calorie count.
- Buffet labels are clean and in good condition.
- Buffet labels are in proper position on the sneeze guard above the product they are labeling. By law, they must be placed individually or collectively within 5 feet of where the product is displayed.
- No hand-written or P-touch labels are permitted.

Golden Corral Traditional Favorites

Pot Roast

- Red bliss potatoes are quartered. If potatoes are too large, cut into 1-1 ½" pieces.
- Shelf life of cut red bliss potatoes is 24 hours.
- Keep potatoes completely submerged in water to prevent them from turning dark.
- Peel onion skins off before immersing in cold produce wash.
- Onion strips for Pot Roast cut into ½" strips.
- Shelf life of cut onion strips is 2 days.
- Cut off tops of celery and bottom cores before immersing in cold produce wash.
- Cut celery into ¾" pieces.
- Shelf life of cut celery is 2 days.

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- Carrots sliced into 3/16" slices or baby carrots used for Pot Roast vegetables.
- Shelf life of prepped carrots is 2 days.

Carrot Cake

- Cut off 1/2" from carrot tops and tips.
- Carrots must be peeled before placing in vegetable cutting machine.
- Carrots must be shredded, not julienned.
- Do not store shredded carrots in water.
- Shelf life of prepped carrots is 2 days.

Hospitality

- The Golden Rules of Hospitality
 - Always make Guests feel welcome. Greet Guests as they arrive in the dining room and while they are dining. Thank them as they leave.
 - Make a Connection. Make Guests feel appreciated and important.
 - Acknowledge Guests as you move through the restaurant
 - Make eye contact
 - Be friendly and smile
 - Engage in conversation
 - Help Guests.
 - Be a good listener
 - Ask Guests if they found what they were looking for
 - Answer questions
- What the Guest Expects
 - Guests Feel Special and Important
 - Greet Guests as they arrive
 - Follow the 5-ft. Rule
 - Be friendly - smile and make eye contact
 - Engage in conversation
 - Thank Guests for visiting
 - Guests Are Offered Beverage Refills
 - Know what Guests are drinking
 - Offer a refill when glass is half full
 - Guests Experience Quality Food
 - Abundance and variety
 - Hot food hot and cold food cold
 - Fresh, full pans
 - Guests Dine in a Clean Restaurant
 - Bussed, clean tables
 - Clean restrooms
 - Clean bar areas and floors