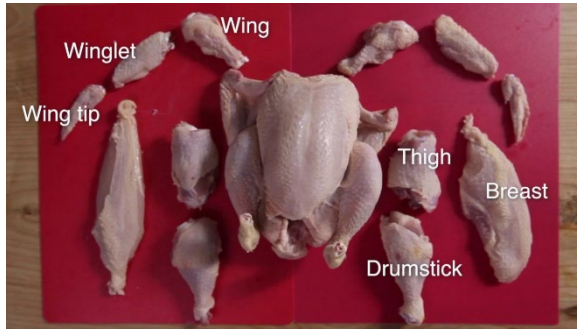


### Cooking with different cuts of chicken



Thighs

Breast



Drumsticks



Wings



### Side dishes



Gnocchi



Duchess potatoes



Potato rosti

Vichy carrots



### Other meat dishes

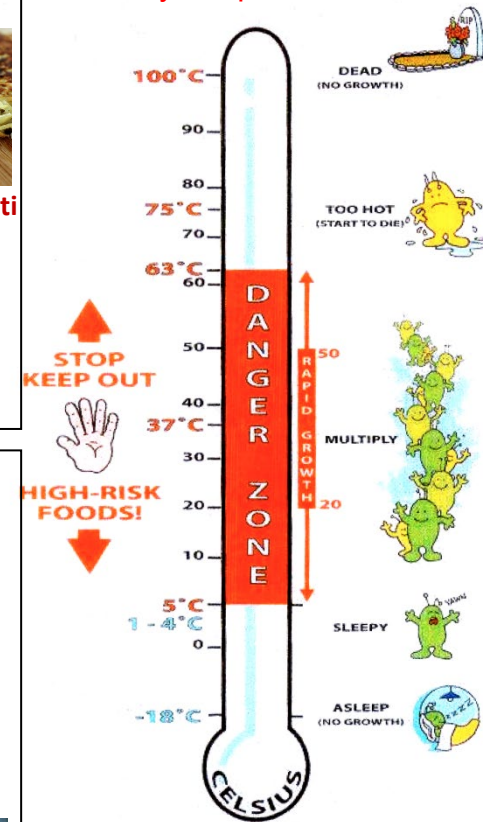


Fresh pasta and meatballs

Italian beef cobbler



### Key temperatures



-18 °C freezer  
 0-5 °C fridge  
 63 °C Hot hold  
 75 °C Core temperature of cooked food



### First Aid treatments



Cuts = clean, dry and cover with a blue waterproof plaster

Burn = put under cold running water for 10 minutes or until stinging stops. Do not cover. If larger than a 10p seek medical advice



### Bacteria conditions for growth

IN ORDER TO GROW AND MULTIPLY BACTERIA NEED:



Time



Moisture



Food



Warmth