

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Period: \_\_\_\_\_

Today, you will be preparing a ***Taco Salad***. Practice good safety techniques in your preparation.

1. Wash your hands with \_\_\_\_\_ and warm \_\_\_\_\_ for a minimum of \_\_\_\_\_ seconds.
2. Wear a clean \_\_\_\_\_ and tie hair back if necessary.
3. Be sure to cook your ground beef to at least \_\_\_\_\_ so it is NOT pink inside. This will kill any e.coli that may be present in undercooked beef.
4. Wash cutting boards, dishes, tools, etc. with hot soapy water after preparing each food item and before you go on to the next food item to prevent cross contamination of food items.
  - a. Cross contamination is: \_\_\_\_\_.
5. Use proper equipment for each preparation task.
6. Keep all work surfaces clean and sanitized. Also sanitize cutting boards and countertops.
  - a. Define Clean: \_\_\_\_\_.
  - b. Define Sanitize: \_\_\_\_\_.
7. Sanitizer is found in the cupboard labeled ' \_\_\_\_\_ ' in the classroom.
8. Wash and dry dishes using the correct procedure. Put all dishes away in their assigned place.
  - a. Remember fill one sink with hot soapy water. Use the other side of the sink to rinse. DO NOT run water the entire time you are washing dishes.

## **TACO SALAD RECIPE**

½ lb lean ground beef	8-10 olives, cut and sliced
¼ C. onion, finely chopped	¼ head of lettuce, shredded
¼ C. green pepper, chopped	1 tomato, washed & chopped
⅓-½ C. mild salsa	1 C. cheddar cheese, grated
½ tsp. chili powder	¼ C. sour cream
½ C. kidney beans, drained	2 large handfuls of tortilla chips

In your electric (or large regular) frying pan, on medium heat, brown ground beef with onions and green peppers until beef is browned; drain off any grease in designated container. Add salsa, chili powder, kidney beans and olives; Mix well. Cook over low heat for 5 minutes or until thoroughly heated.

Assemble individual salads in any order as you choose by combining the tortilla chips, meat/bean/olive mixtures, shredded lettuce, chopped tomatoes, grated cheese and sour cream. Toss lightly.