



FOOD PREPARATION & COOKING

#Istayathome

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This material has been produced by CECID to help organise the administrations of centres of Opus Dei during the COVID-19 crisis, although it can be useful too to a wider public. It can be sent to all publics.



FOOD PREPARATION & COOKING

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1. ELECTRODOMESTIC MACHINES



MICROWAVE

- Cover the food with the plastic cover provided with the microwave.
- Heat each dish 5 to 7 minutes, depending on volume and quantity.
- Its important that the dishes used are ones which can rotate inside the microwave so that the waves reach all of the food and it is heated through equally.

OVEN

- Pre-heat the oven (about 30 minutes) before inserting any food.
- The most common temperature for most cooking is 180° . 
- The cooking times are written on each recipe, container, or box. Example pizzas, quiche.etc. Always follow the instructions.
- If you want to “brown” an item, select that option for 7 to 10 minutes, depending on how hot the oven is. 

COFFEE MAKING

- Put cold water in the glass jar. Depending on the size it usually holds 1 litre or 1½ litres.
- If it needs a paper filter put it in.
- Put the coffee in. For each litre put 3 full tablespoons.
- Plug it in and leave until it bleeps or a light indicates it is ready.

FRYER

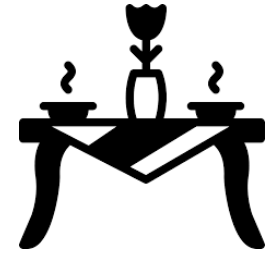
- Switch on and select required temperature. Wait until the oil is hot. Ususally there is a green or amber light which indicates when its ready.
- Temperatures:
 - 120° for raw potatoes so that they cook well on the inside.
 - 180 for frozen chips or to give crunch and colour to raw potatoes cooked initially at 120°.
- Turn off and clean the basket and any oil which has been spilt.

THERMOMIX (kitchen robot)

There is one of these kitchen robots in many centres. It is very useful for many recipes and is easy to use. It has a control for temperatures and one for speed. It can also be used to weigh ingredients. You can use the recipes in the book or your own. Or follow a tutorial/class on youtube.



2. ORGANIZATION OF THE DINING ROOM



PREPARE BREAKFAST

- Heat the milk in jugs in the microwave for 5 minutes.
- Coffepot: put the required amount of water 1 or 1½ Litres: Put in coffee, 3 large spoonsful .
- Arrange the cold meats on dishes.
- Arrange the buns/cake on dishes/plates.
- Cut the bread or toast it if its sliced bread. Place it in the bread baskets.
- Put fruit in a bowl (kiwis, oranges).
- Put out the butter/marmalade.
- Other options: cereals, honey ...

PREPARE THE DINING ROOM

- Remove any items left from the previous meal.
- Open windows to air the room, brush crumbs off the table cloth.
- If there are stains on the cloth mix a little water and soap and rub with a cloth or brush.
- Disinfect chair backs, arm rests, door handles, light switches using wipes.
- Place the chairs according to how many will eat.
- After breakfast vacuum / sweep the floor.
- Daily wash the floor after breakfast.
- Then set the table with crockery.
- Before leaving check that nothing is missing.

CLEARING THE DINING ROOM

- Put all the used crockery on one trolley and on another the leftovers.
- Clear the leftovers (see file).
- Wash all non-disposable crockery in the dishwasher.
- Stack the dishwasher following an order: glasses together, plates etc. This speeds up emptying and stacking. Before placing the plates and dishes in the dishwasher rinse off debris.
- Re-set the dining room.



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3. MENU PLAN FOR WEEK 1

Elaborated by 777



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	Date:	30/03/2020	31/03/2020	01/04/2020	02/04/2020	03/04/2020	04/04/2020	05/04/2020	
	Observations								
	Dinner	Starter	Tomato Soup*	Asparagus Soup*	Leek & potato Soup*	Orange Juice*	Vegetable Soup*	Veggie smoothie	Salad
		Main course	Pork chops	Roast Chicken	Beef burger	Pork fillets	Baked Sea Bass	Mixed Grill	Roast Beef Yorkshire pudding
			Mashed potato Green beans	Roast pots. Carrots	Chips/ tomatoes	Mixed vegetables Risotto rice	Oven wedges. Peas / squash	Chips	Roast pot. parsnips
		Dessert	Fruit	Yoghurt*	Ice cream*	Apple pie* & Custard	Swiss roll*	Fruit salad*	Creme caramel*
	Lunch	First course	Quiche Lorraine	Pizza* Salad	Sausage rolls* Salad	Russian salad Boiled eggs	Potato Omllette* Sliced tomatoes	Toasted sandwiches Cherry tomatoes	Cold meats* bread
		Dessert	Yoghurt*	Fruit	Fruit*	Yoghurt*	Fruit	Cake	Doughnuts*

* Ready made dishes can be bought



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3. MENU PLAN FOR WEEK 2

Elaborated by 777



WEEK 2

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Date:	06/04/2020	07/04/2020	08/04/2020	09/04/2020	10/04/2020	11/04/2020	12/04/2020
	Observations							
Dinner	Starter	Potato soup*	Smoothie*	Squash soup*	Veg soup*	Leek and potato Soup*	Tomato soup*	Asparrugus with Butter sauce
	Main course	Meat balls* pasta	Pork chops Mix veg. Mashed potato	Chicken Curry* Rice/ coolers	Vegetarian Lasagne* salad*	Baked trout Green beans Oven wedge potatoes	Beef stew Boiled potatoes	Roast Chicken Gravy/ veg Roast potatoes
	Dessert	Ice cream*	Lemon Meringue pie*	Fresh fruit platter with creme fraiche*	Swiss roll*	Plumb tart & Custard	Ice cream sundaes	Profiterroles* Chocolate sauce
LUNCH	Main course	Macarroni cheese	Sausage rolls* salad	Omlettes Chips Mix veg*	Cold meats Russian salad	Baked potatoes* Baked beans, cheese, tuna, ragout*	Cheese pies* salad	Cheese board Bread chutneys
	Dessert	Fruit	Yoghurt* and Granola*	Banana custard	Fruit	Ice cream*	Cake* bread	Carrot cake*
	<i>*Many of these can be bought ready made and only need reheating. Buy whatever is available</i>							



4. ACCESS TO PROGRAMME 777

(Menus, Recipes, Shopping lists)



- CEICID opens its platform [777 menús inteligentes](https://777menusinteligentes.es) free for 3 months.
- If you are interested click [here](#) for access to the [vídeo tutorial](#) about the programme and write an email to ceicid@ceicid.es asking free access to the programme. If you are already a user but your subscription is inactive let us know and we will allow you access.
- They contain homely recipes for traditional Spanish food, balanced nutrition and care for diets.
- The programme combines recipes, menus and shopping lists. This is essential in this moment in time. It also provides variety, saves money and time.

→ No es seguro | 777menusinteligentes.es

CEICID

777 MENÚS INTELIGENTES

ADAPTADO PARA ORDENADORES, MÓVILES Y TABLETS

Novedades

Receta modificada Receta modificada Receta modificada Receta modificada

Flan Berenjenas gratinadas Merluza al gratén con zanahoria Patatas a lo pobre

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5. HOW TO STORE THE LEFTOVERS



LEFTOVERS FROM LUNCH AND DINNER.

- Store leftover food covered in Tupperware containers.
- Foods which cannot be used up the next day:
 - Fried potatoes, chips, salads which already have a dressing.
- Use leftovers as soon as possible. The maximum time leftovers can sit in a fridge is 48 hours. If there is any risk the food may be contaminated because someone is sick/ contaminated it is best to throw it away.
- Some examples of how to recycle some leftovers:
 - The liquid from the soup can be used to cook rice or a Consome.
 - Vegetables: make a cream of vegetable soup or include in the main course.
 - Pasta & rice can be put in moulds and used as a garnish. Its best not to freeze rice or pasta as they don't freeze well.
 - Pastries can be frozen.



BREAKFAST LEFTOVERS.

- Patisserie: these can be frozen or used for afternoon tea/supper with chocolate.
- Cold meats. Keep in the fridge wrapped in cling film.
- Refill sugar bowls, oil, biscuit box, cereals, butter and marmalade.

6. STORING THE SHOPPING



GENERAL SHOPPING

- **Freezer:** all frozen foods in the freezer.
- **Fridge:** yoghurts, cold meats, cheese, cream and lactose desserts, milk.
- Store the rest in the larder.
- Check the order against the receipt and if anything is missing phone the supplier.



FRUIT & VEG



- Check order against receipt before the supplier leaves.
- **Fridge:** tomatoes, lettuce, carrots, peppers, aubergines, leeks, strawberries melons, pears, grapes.
- **Larder:** onions, garlic, potatoes, marrow, bananas, oranges, mandarins, apples, kiwis.
- Check the fruit and if any are very ripe keep in the fridge.



BUTCHER



- Check the receipt against delivery before supplier leaves.
- Put in the fridge as quickly as possible. Raw meat should be stored at the bottom part of the fridge in a clean container (so blood does not fall onto anything).
- It usually comes vacuum packed and lasts for a week in the fridge. If its not to be used in a week put it in the freezer. If some meat is left over once a packet is opened put it in a clean plastic bag and freeze.
- It is advisable to label items in the freezer as when frozen it's more difficult to identify it.





7. TRADESPEOPLE



NAME	TELEPHONE	EMAIL	TIME	SPECIAL NOTES



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8. OTHER RESOURCES AND IDEAS



- The oil used for frying can be sieved and used again.
- Frozen chips and other foods can be fried in a frying pan on the stove but they are best done in an electric fryer. Better still, use oven chips they are healthier.
- Check leftovers daily and other perishable foods to avoid waste.
- Wash all the used kitchen utensils on the go, to avoid accumulation of dirty pots etc.
- Clean work areas, worktops, cookers, microwave after use. Disinfect all areas with disinfectant after. (spray or bacterial wipes)
- Remove the rubbish, sweep and wash the kitchen floor when finished.
- If there is anyone infected with the coronavirus we advise the use of disposable trays and plates and cutlery. These can be bought in stores such as Costco, Bookers and some shops.