

ALWAYS SORT YOUR COLORS FROM YOUR WHITES

I like to dedicate one white load to exclusively jackets hats and aprons. Remember don't overload because if your uniform can move around it will definitely get cleaner.

FEEL FREE TO PRE-TREAT

I like the "Spray 'n Wash" Stain Stick as soon as I get home from a particularly gnarly day in the kitchen making veal stock, marinara sauce, and family meal at the same time! The other one I like is "Shout" Laundry Gel for Whites with BLEACH but you don't put that on until 5 minutes before washing and believe me this stuff is strong! Be careful to not get this on any clothing that you value the color of other than white

I've been known to have been caught with "Shout" Wipes in their very own attractive plastic carrying case for those last minute unexpected splatters of sauce bordelaise across the "clean" side of my jacket. I also recommend unrolling your sleeves and pre-treating this often - neglected area.

USE COLD WATER

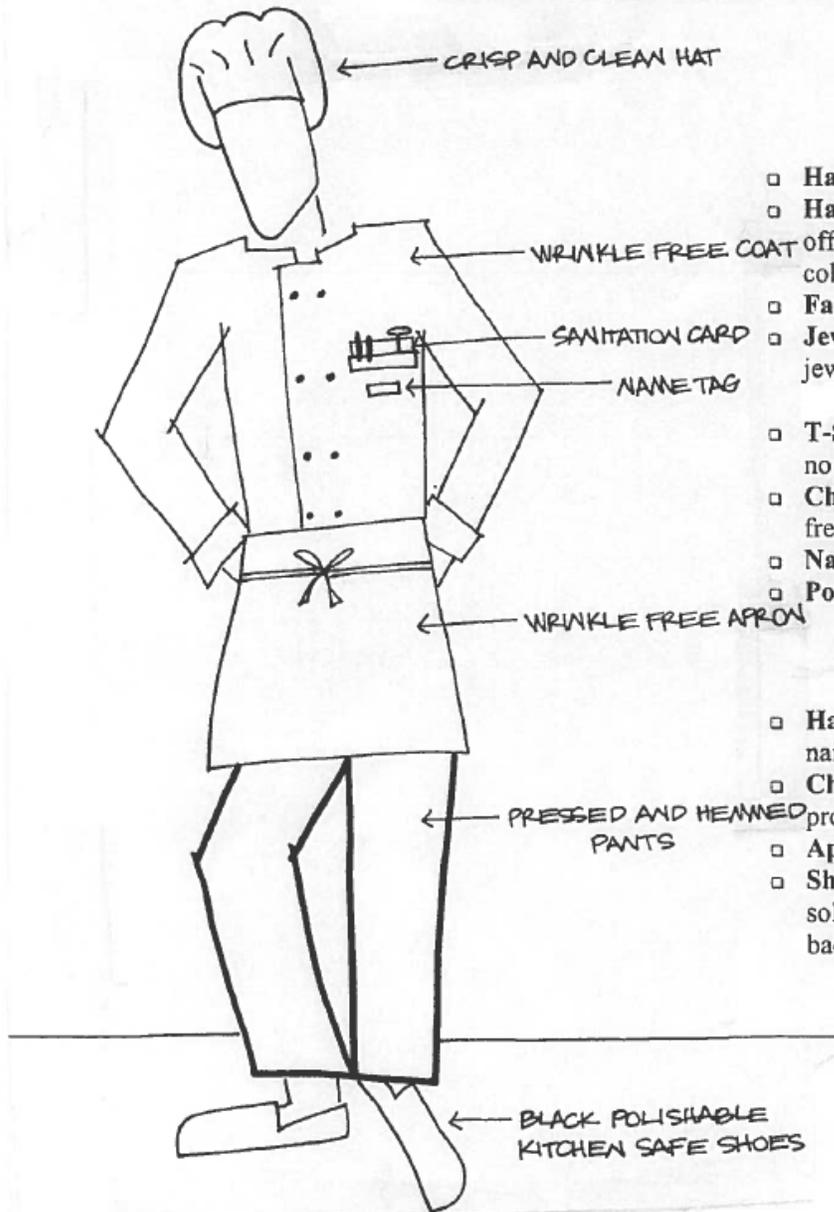
Now, I know your instincts may tell you to use hot water but if you are going to use BLEACH, as I highly recommend you do, then to allow the bleach to really work and not be rendered inert, use cold water. So, first put your detergent in the tub of the machine then add your clothes. Allow the machine to fill with cold water, and after about 5 minutes, add your bleach that has been diluted according to the directions on the label (it is one cup of bleach to three cups of water.) I personally enjoy the Clorox Rain Fresh because it doesn't leave such a strong after scent. Continue the wash cycle and feel free to use high heat in the dryer.

IRONING

Tip – You should purchase *Niagara Heavy Duty Spray Starch*. Spray your items thoroughly and allow them to dry completely before ironing on the maximum setting of your iron. By doing this you avoid unsightly scorching and you will see excellent results!

There is always the problem of the dreaded black carbon stains we inevitably encounter in the kitchen. First of all, please use a towel to cover your shoulder if you are hoisting sheet pans to shoulder height to transport. The only handy hint I have for these particular stains is to make a paste of powdered *Cascade* automatic dishwashing detergent and liquid *Pine Sol* (again I enjoy the lemon scented variety). Use an old toothbrush to really work it into the effected area. Let it sit overnight and follow the regular washing procedure.

How to Look in the Kitchen



- **Hat:** Clean, crisp, not tucked in
- **Hair:** tied back, under your hat, off your collar, clean, natural color
- **Face:** clean-shaven
- **Jewelry:** no earrings, facial jewelry or tongue rings, one wedding band only
- **T-Shirt:** plain white, no printing, no turtlenecks
- **Chef's Coat:** pressed, wrinkle free, sparkling clean
- **Nametag**
- **Pocket:** Thermometer
Alcohol pad
Sanitation Card
Permanent Marker
- **Hands:** clean, nails trimmed, no nail polish
- **Chef's Pants:** clean, pressed, properly hemmed, 1/8" checks
- **Apron:** clean, pressed
- **Shoes:** black, polished, non-skid soles, no tennis shoes, no open backs or toes

READ YOUR HANDBOOK FOR SPECIFIC INFO!

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