

FALL 2022

KENTUCKY

RESTAURANT JOURNAL

The Official Publication of the Kentucky Restaurant Association

FOLLOW THE LEADER:

*Seven Ways Independent
Restaurant Owners Can
Lead By Example*

CHEFS THAT SIZZLE:

Chef Dallas McGarity

SAFETY FOCUS:

Food Allergens

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SAVE THE DATES

November 17th - Day at the Races
at Churchill Downs

January 23, 2023 - Restaurateur's Gala
Savor at River House, Louisville

June 12, 2023 Sporting Clays Tournament
at Jefferson Gun Club



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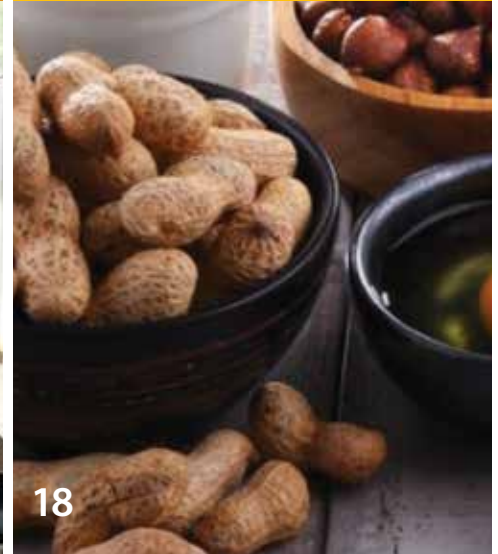
FOLLOW THE LEADER



CHEFS THAT SIZZLE



SAFETY FOCUS: FOOD ALLERGENS



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Do you know a chef in your area who is creating a buzz with innovative cuisine, exceptional presentation or fresh new ideas?

KRA wants to tell the state about them in a quarterly feature in the Kentucky Restaurant Journal. Submit your favorite chef du jour to stacy@kyra.org. Please include restaurant and contact information. Selected submissions will be featured in the magazine as Chefs That Sizzle.



Chefs That
Sizzle

A WORD FROM OUR PRESIDENT

This column could practically write itself – this time. I took the easy route and asked members “why are you a member? What does KRA mean to you?” so I thought I’d feature their answers. I’m reminded that not every restaurant in Kentucky knows KRA exists, and some are waiting for a personal invitation to join the Association. It would be hard to personally extend an invitation to over 7,500 Kentucky restaurants, so I hope if you are reading and haven’t yet become a member – this will encourage you to join the only Kentucky Association dedicated only to educating, celebrating and advocating for restaurants! Don’t just take it from me, take it from members of ALL sizes and segments. You can join here: <https://securepayment.link/kyra/membership-application/>

“KRA is an excellent opportunity for the smaller operator to level the playing field when it comes to having genuine access to professional resources and improve their buying power. When you join the KRA, you are joining a rock-solid networking team at the state and national level who professionally package our messages to the appropriate politicians around our state and Capitol Hill. Bill Stenzhorn, Wild Eggs President

“KRA has invaluable advice from local industry professionals. Many times I’ve looked to KRA for answers

to questions like, “Has anyone tried....” or “Who can I call to.....” or “I’m having a problem with.....”. KRA has the resources and knowledge that really help.” Jason Kinser, One Nineteen West Main Owner

“KRA equals advocacy! We know that KRA is always promoting and protecting our interests and industry.” Travis Doster, Texas Roadhouse Senior Director of Public Relations

“The KRA means to me Involvement, Understanding, Information and Community. The Association gives us the Opportunity to see what is going on around us and the State.” Tim Eversole, Bean Haus Café Owner

“The KRA is a fantastic organization to be a part of and the benefits largely outweigh the dues. The Louisville Chapter has been very helpful in opening doors and making valuable connections within the market. The Kentucky Restaurant Association is a great partner to Repeal Oak-Fired Steakhouse and Hotel Distil!” Christian Saylor, Repeal Steakhouse General Manager

“As a former restaurateur and current Associate member, the KRA has a wealth of knowledge to assist restaurants and partners with just about any question. They work on our behalf and keep us up to date on all relevant news. I enjoy

networking with all the restaurants and partners. My relationship with KRA has always had a positive ROI. I highly recommend you join too.” Steve Brooks, SLM Facility Solutions National Account Executive

The KRA supports us through the sticky stuff! During times when Kentucky restaurants were in the midst of “doom and gloom” your office and advisory boards gathered - we vented and you were there to go to bat for us- lobbied for us as a team- without an Association taking on a very tough political climate times may and would have been excruciatingly, increasingly more difficult to an already devastating blow - you provided us with a consistent voice. A stern and honest take. The Association gave us hope where politics seemed to almost close us all. Kentucky “Dine Out” Nights were game savers and reminded us that the public cares.” Pam Stallings, Salsarita’s Owner

“The Kentucky Restaurant Association is a wonderful community that unites all the restaurants together. Feels like a famiglia! Stacy Roof has been such an essential leader who communicates important information. Extremely beneficial during the pandemic. Kind soul.” Rocco Cadolini, ROC Restaurant Owner

- Stacy Roof

KENTUCKY
 Restaurant Journal
 The Only Publication of the
 Kentucky Restaurant Association

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**Membership Application
ACTIVE MEMBER**

Join and pay online at
<https://securepayment.link/kyra/membership-application/>

RESTAURANT _____

CONTACT _____ TITLE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

WEB SITE _____ E-MAIL _____

IS THIS LOCATION THE CORPORATE OFFICE? YES / NO

If the dues which are being paid are for additional locations that are to be included in this membership – and we would like to include them! - please list contact name, address, phone, fax & e-mail address on a separate sheet.

MAILING ADDRESS _____

(if different from street address)

CITY _____ STATE _____ ZIP _____

DATE _____

My annual dues are \$ _____

This amount is payment is for _____ locations.

My Payment is enclosed, or charge it to (circle one)

MASTERCARD DISCOVER VISA AMERICAN EXPRESS

Card # _____

Exp Date _____ CVV Code _____

Name on Card _____

Billing Address _____

Dues Schedule

Membership dues are based on your annual food & beverage revenue in Kentucky. (Multi-unit firms use combined gross sales for KY units)

Under \$500,000	\$ 275
\$500,000 - \$999,999	\$ 400
\$1,000,000 - \$1,999,999	\$ 525
\$2,000,000 - \$2,999,999	\$ 650
\$3,000,000 - \$4,999,999	\$ 800
\$5,000,000 - \$5,999,999	\$ 950
\$6,000,000 - \$6,999,999	\$ 1050
\$7,000,000 - \$7,999,999	\$ 1200
\$8,000,000 - \$8,999,999	\$ 1300
\$9,000,000 - \$9,999,999	\$ 1400
Over \$10,000,000	\$ 1400+
+ \$100 each additional \$1,000,000 in sales	

To the Board of Directors:

I submit my application for membership in the Kentucky Restaurant Association and National Restaurant Association, and certify as to the accuracy of our food and beverage revenue.

Signature _____

Date _____

To join, complete this application & return with payment for first year's dues to:

KENTUCKY RESTAURANT ASSOCIATION
133 EVERGREEN ROAD, SUITE 201
LOUISVILLE, KY 40243
502-400-3736
502-896-0465 FAX
stacy@kyra.org www.kyra.org



FRONT BURNER

by STACY ROOF

LICENSING & OCCUPATIONS COMMITTEE HEARS TESTIMONY ABOUT BOUNCER LEGISLATION

The Interim Joint Committee on Licensing & Occupations heard testimony on legislation that would require bouncers or employees responsible for checking IDs and monitoring the door to undergo training, verify previous employment history, check for previous violent history, and require the Department for Alcoholic Beverage Control to establish a standard bouncer application form and create standards and components for a bouncer training and certification program. The department would also be

required to create a bouncer incident report log. It would also prohibit a bouncer from working on the job while intoxicated or from drinking while on the job.

The spouse of Christopher McKinney testified that McKinney lost his life after a fatal punch from a bouncer who was allegedly drinking on the job and had a previous criminal history. Restaurants have raised concerns about the legislation that in the past proposed anyone checking an ID card was a bouncer. The committee asked questions about the advocates' claims that restaurants were okay with the legislation, but the advocates claimed

they had shared the most recent draft with the sponsors, even when they had not. The legislation would create additional administrative burdens for restaurants employing bouncers. The bouncer incident report log would require a reporting of the business, as well as the bouncer and the victim.

A new bill draft has not been made publicly available, and it cannot be filed until January of 2023, but it is expected to be filed.

ELECTIONS UPDATE

The 2023 race for governor and other state constitutional offices are the fixation of political pundits, even though state legislative races

are on the ballot in November. Incumbent Gov. Andy Beshear is the only Democrat in the race for governor, but the Republican ballot is getting more crowded by the moment. Current Agriculture Commissioner Ryan Quarles has raised close to \$500,000 for his bid to win the GOP nomination, and he was one of the first to announce that he was running for the office. State Auditor Mike Harmon got in the race very early, but his fundraising isn't as strong. State Attorney General Daniel Cameron announced that he would throw his hat in the ring has raised closed to \$300,000 within a few weeks. State legislator Savannah Maddox announced that she would run, and she has raised \$100,000 in a couple of weeks. The easy money always comes first, and the question will be whether they can raise enough money to compete with the unannounced candidate that everyone is waiting to hear when she will throw her hat in the ring. Former U.S. Ambassador Kelly Knight Craft also announced that she will seek the GOP nomination for the governor. She can self-fund the race, but she is also a strong political fundraiser herself.

In other constitutional offices, former U.S. Attorney Russell Coleman has announced that he will run for attorney general. State Treasurer Allison Ball has announced that she will run for State Auditor. Former State Rep Jonathan Shell and current state Rep. Richard Heath will challenge each other for the Republican nomination for

Agriculture Commissioner. All these races will be interesting to watch as for the first time in 100 years, Republican voter registration eclipsed Democrats and are expected to pick up more legislative seats after redistricting. They will do this in a time when they have super majorities in both chambers. Growing Republican majorities mean a bigger tent and differing factions within their own ranks. This was evident after three incumbent Republicans in Boone County lost their primary reelections to 'liberty' candidates.

RESTAURANT REVITALIZATION ACT FUND TAX TREATMENT

A group of stakeholders is interested in ensuring that expenses paid for with the proceeds from Restaurant Revitalization Fund Grants are deductible from Kentucky state income taxes. The General Assembly tried to address the issue, but the language was not retroactive, and so it did not apply in the correct tax year. We have been trying work on a resolution with the Department of Revenue, but we have not reached a resolution yet. Our next step is to request the General Assembly propose retroactive legislation to correct the issue. Restaurants should not be punished for receiving these grants. We are in the process of requesting that the issue be included on the special session call. Knowing that the focus should be on Eastern Kentucky and the flooding, but many extensions are expiring and restaurants would like to get this issue resolved.

CREDIT CARD PROCESSING COMPETITION

Frustration over credit card processing fees for several years have only continued to grow from those who pay the fees. After several starts and stops in Congress, another attempt is underway to increase competition in the credit card market and lower processing fees.

Credit card fees are frequently cited among the biggest costs for businesses at a time when they are absorbing increasing costs to get products on the shelves. This bill would direct the Federal Reserve to ensure that giant credit card-issuing banks offer a choice of at least two networks over which an electronic credit transaction may be processed, with certain exceptions. One estimate claims families spent \$170 million in swipe fees over the Fourth of July weekend, not counting beer and wine sales.

Sens. Richard Durbin (D-Ill.) and Roger Marshall (R-Kansas) have introduced the Credit Card Competition Act of 2022 (S. 4674). The bill seeks to enhance competition and choice in the credit card network market. It would let retailers and restaurants decide who processes credit card transactions. The NRF issued a press release in strong support of the bill. The research firm CMSPI has put together a downloadable two-page infographic that shows analysis of the potential opportunity that this bill represents.



FOLLOW THE LEADER

SEVEN WAYS INDEPENDENT RESTAURANT OWNERS CAN LEAD BY EXAMPLE

by JIM LAUBE

You may have played “follow the leader” as a child, the game in which the person designated as leader gestures or walks a certain way and the rest of the children must do the same thing. The principles of this child’s game holds true in the workplace as well. As a restaurant owner, your staff is watching you, and you set the tone and the example of what behavior is acceptable. In other words, you lead by example.

Being a role model for your employees might not be a job that you want, but it’s yours nonetheless. You don’t have to be perfect to be a role model. You’re human, after all, but here are some ways that you model good behavior for the people who work for you while creating a more harmonious atmosphere

at your restaurant. Saying thank you to an employee is one of the most effective ways to motivate an employee, and it doesn’t cost a cent.

One of the things we can easily forget as managers, as we become caught up in our own concerns, is the effect we have on our staff. Employees spend a great deal of time trying to read their bosses’ moods and interpret their words, to gauge their own progress and security within an organization. While you may forget your angry or careless remark before the end of the shift, your staff will not. In fact, they are likely to carry it home with them. What you do and say affects people beyond the walls of your business.

1. START THE DAY CHEERFULLY

If you head straight to the kitchen with your head down not saying a word to anyone in the morning, your employees will do the same. Even if mornings aren’t your favorite time, you can act as if they are. Walk slowly from your car to the kitchen, take a peek at what’s happening throughout the building, and greet people and smile as you see them. Your morning routine will encourage all of your employees to put on a pleasant face and greet each other, as well as customers, when they arrive.

2. PRACTICE LISTENING

Listening is a skill that you can develop. It’s hard at first to remain silent while someone else is speaking, especially

a subordinate. What's more, it may seem unnatural, too. It's a guarantee that you'll be a better manager if you become a better listener. In fact, you'll set the standard for respectful conversations between people where it's possible to be heard rather than everyone excitedly interrupting trying to get a point across. Even when things are crazy and rushed, take the few extra seconds to stop to listen to what an employee is telling you. You'll also avoid losing credibility when you bark, "Why didn't you tell me?" only to be told that you were informed.

3. DON'T VENT YOUR FEELINGS

As frustrating as it can be, for example, to have keys to the restaurant van missing for the third time that day, it won't help to start stomping and screaming. In fact, your behavior will only add to a bad situation. When you stomp and scream, your message is lost in the spectacle of your performance. Instead of venting your feelings, discuss them with your staff. To say, "It makes me frustrated when we all have to waste time hunting for keys to the van," is far more effective. That way, energy can be expended on finding a solution to the situation. Few workplaces can get as emotional and heated (often literally!) as a restaurant; that's why it's even more important to keep your cool so that your employees will do the same.

4. BE WILLING TO SAY, "I DON'T KNOW."

No restaurant owner can know every detail of every aspect of the restaurant business. If you don't want your servers shooting from the hip with possibly wrong answers to customers' questions, you have to lead the way by honestly saying, "I don't know," to questions that you're not sure about. For example, a server might ask you to review the preparation of a particular dish. If you're not the chef as well, you may have to refresh your memory. Instead

of giving a vague or incorrect answer, research the answer together. Make sure, too, that your servers know it is perfectly acceptable to tell a customer that he or she doesn't know an answer to a question they pose – just as long as they seek out the answer.

5. SHOW YOUR LOVE OF THE RESTAURANT

Working in a restaurant will never be "just another job," but it's easy to get caught up in running your business and forget about the reasons you work in the hospitality industry. Your staff wants to see you interact with customers and lend a hand in the kitchen or wherever it's required. Showing off your own passion will help nurture theirs.



6. TALK ABOUT CUSTOMERS IN A POSITIVE WAY

When there are no customers within earshot, it's easy to poke fun at a customer or talk about a customer in a disrespectful way. You may get a laugh, but your staff will think they have the green light to do the same. The behavior you display in helping a customer, listening to a customer, or fulfilling a particular customer's request will serve as an example to your staff. Your customers make your life possible.

Make sure everyone on your team treats them with respect and deference.

7. TREAT EQUIPMENT WITH RESPECT

Whether it's properly stowing the vacuum cleaner, treating the computer/POS (point of service) system gently or keeping kitchen knives sharp, you show your staff how they should treat the restaurant's equipment. Watching you treat equipment respectfully can create similar habits among your staff. When someone sees you bend over to pick up a piece of paper in the parking lot, you send a signal that you care about your restaurant and how it looks.

ALL EYES ARE ON YOU

As a restaurant owner and manager, you work in a fishbowl with people constantly peering in. Your attire, punctuality, attitude, work technique, and customer service are all areas where your own conduct is the best teacher.

Reprinted with permission; this article originally appeared in Restaurant Startup & Growth magazine. For more information visit RestaurantOwner.com.



Jim Lyon
Kentucky ProStart Coordinator
Jim@kyra.org

KENTUCKY ProStart

by JIM LYON

Besides a world-class education in hospitality, restaurant management and culinary arts, what does the ProStart curriculum offer those who participate? That's easy! Students are eligible to submit for their Certificate of Achievement (COA). The COA is an industry-recognized certificate provided to ProStart students who have:

Passed Foundations of Restaurant Management and Culinary Arts (FRMCA) exam Levels 1 and 2

Completed 400 hours of industry work experience

- To attain a COA, students must show proof of work or involvement in the restaurant, foodservice, and/or hospitality industries totaling 400 hours.
- Students may meet the requirement by participating in either paid foodservice jobs or "alternative" hospitality-related jobs or activities. Jobs may be paid or unpaid (due to the nature of the task).
- Verified their mastery of 52 out of 75 (70%) workplace competencies ranging across both hard and soft skills

Students may have as many positions or employers as necessary to achieve 400 cumulative work hours. The workplace competencies the students must show their mastery of include the following:

Job-Related Observable Skills

- ✓ Demonstrates frequent and thorough handwashing procedures.
- ✓ Demonstrates steps for avoiding contamination and cross-contamination of food.
- ✓ Stores, cooks, and holds different types of food correctly.
- ✓ Cleans and sanitizes foodservice equipment areas correctly.
- ✓ Recognizes and follows safety procedures designed to prevent burns and scalds to self and others.
- ✓ Recognizes and follows safety procedures designed to prevent slips and falls without being told.
- ✓ Holds, uses, and passes knives correctly to prevent injuries to self and others.
- ✓ Reads instructions, recipes, menus, and policies quickly and with comprehension.
- ✓ Weighs and measures food and other resources accurately.
- ✓ Converts weights and measures accurately.
- ✓ Stocks and replenishes food, beverages, condiments, and sundries at side/server stations.
- ✓ Uses, handles, and cleans mixing equipment correctly.
- ✓ Uses, handles, and cleans cooking equipment correctly.
- ✓ Uses, handles, and cleans dishwashing equipment correctly.
- ✓ Uses, handles, and cleans waste-disposal equipment correctly.
- ✓ Demonstrates preparing and storing brown, white, or preprepared stock correctly.
- ✓ Demonstrates preparing and storing soups correctly.
- ✓ Demonstrates preparing and storing raw and cooked vegetables correctly.
- ✓ Demonstrates preparing and storing fruits correctly.
- ✓ Arranges a dining area for a specified type of service (e.g., table service, buffet, banquet, etc.) and for specified seating requirements.

- ✓ Sets a table with linen, flatware, glassware, and condiments in accordance with several types of service.
- ✓ Presents all menu items correctly plated and garnished.
- ✓ Greets and seats guests properly.
- ✓ Takes guests' orders accurately.
- ✓ Demonstrates knowledge of menu items and is able to describe them to guests.
- ✓ Answers guests' questions about menu items correctly.
- ✓ Provides or obtains information for guests who ask about allergens in menu items.
- ✓ Recommends items to guests.
- ✓ Serves a guest meal efficiently, including serving and removing food and beverage items.
- ✓ Processes and presents the guest sales check properly.
- ✓ Gives guests correct change.
- ✓ Clears guests' tables properly.
- ✓ Demonstrates preparing and storing potatoes, rice, pasta, and other cooked grains correctly.
- ✓ Demonstrates preparing and storing sandwiches correctly.
- ✓ Demonstrates basic egg cooking skills, including frying, scrambling, poaching, and basting.
- ✓ Demonstrates breakfast cooking skills in at least three of the following areas: pancakes, waffles, bacon, sausages, breads, potatoes, and hot cereals.
- ✓ Provides or obtains information for guests inquiring about the menu's nutritional values.
- ✓ Recommends healthy options to guests when asked.
- ✓ Costs out a recipe accurately.
- ✓ Determines a recipe's yield accurately.
- ✓ Demonstrates knowledge of the information in an income statement.
- ✓ Demonstrates knowledge of the information on a balance sheet.
- ✓ Demonstrates proper garnishing procedures to enhance the texture, color, and appearance of food.
- ✓ Demonstrates preparing and storing salads and dressings correctly.
- ✓ Receives food and beverages correctly to ensure security and food safety.
- ✓ Stores food and beverages correctly to ensure security and food safety.
- ✓ Conducts a physical inventory of food, beverages, and nonfood items.
- ✓ Demonstrates preparing and storing meat correctly.
- ✓ Demonstrates preparing and storing poultry correctly.
- ✓ Demonstrates preparing and storing seafood correctly.
- ✓ Communicates the operation's theme and style of service to guests and supervisors.
- ✓ Demonstrates knowledge of the industry through familiarity with outside sources, such as magazines, catalogs, reports, and professional association materials.
- ✓ Demonstrates knowledge of an operation's menu mix.
- ✓ Demonstrates preparing and storing cakes, cookies, and pies correctly.
- ✓ Demonstrates preparing and storing other dessert items correctly, such as puddings, custards, mousse, or soufflé.
- ✓ Provides or obtains information for customers about the operation's sustainable practices.
- ✓ Follows the operation's sustainable practices

Employability Skills

- ✓ Speaks and listens effectively, clearly, and courteously to guests and fellow employees.
- ✓ Asks appropriate questions and seeks supervisory approval when needed.
- ✓ Communicates thoughts, ideas, and information well, among all areas of the operation, to ensure fast and high-quality guest service.
- ✓ Smiles and is always friendly with guests and staff.
- ✓ Writes a simple business letter or note, with assistance, to a customer or a professional using appropriate language, style, and format.
- ✓ Arrives at work on time.
- ✓ Arrives at work alert, well groomed, and dressed appropriately.
- ✓ Takes initiative by offering to help whenever possible and appropriate.
- ✓ Displays an honest and ethical approach to work.
- ✓ Makes good and justifiable work-related decisions.
- ✓ Works to resolve guests' complaints quickly and effectively.
- ✓ Identifies and accommodates guests who have special requests and/or needs.
- ✓ Demonstrates proper use of computers, POS systems, and cash registers.
- ✓ Balances cash register transactions using basic math computations.
- ✓ Demonstrates proper writing, grammar, and phone skills.
- ✓ Monitors and manages own work time to achieve desired work performance.
- ✓ Works willingly and cooperatively with people from a variety of ethnic, social, and educational backgrounds.
- ✓ Locates, understands, and interprets written information in manuals and schedules.

For more information about the COA process, or to become involved with ProStart in general, please contact Jim Lyon at jim@kyra.org or call at 502-400-3736.



Calendar of Events

OCTOBER

October 3 Golftoberfest
October 11 & 17 ServSafe class - KRA office in Louisville
October 12 Taste of Louisville
October 18 KRA Educational Foundation Trustees meeting
October 24 Louisville Chapter Board meeting
October 31 Halloween

NOVEMBER

November 1 ServSafe class - KRA office in Louisville
November 6 Daylight Savings Time Ends - Fall Back
November 7 KRA Board of Directors Meeting
November 8 Election Day
November 11 Veterans Day
November 14 ServSafe class - KRA office in Louisville
November 17 KRA Day at the Races - Churchill Downs
November 24 Thanksgiving

DECEMBER

December 5 ServSafe class - KRA office in Louisville
December 13 ServSafe class - KRA office in Louisville
December 18-26 Hanukkah
December 24 Christmas Eve
December 25 Christmas Day
December 31 New Year's Eve



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November 1st - Louisville
November 14th - Louisville
December 5th - Louisville
December 13th - Louisville**

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WHY IS THE SERVSAFE® FOOD SAFETY PROGRAM A STEP ABOVE THE REST?

When I first started managing in the food service industry, I remember the importance of focusing on food safety. Receiving the ServSafe® certificate was a big deal. The first ServSafe® class I attended was a two-day event. Now, I do have to admit it is not the most exciting information to go over, but it is so important to be food safety focused. The ServSafe® food safety training program leads the way in providing current and comprehensive educational materials to the restaurant industry. Millions of foodservice professionals have been certified through the ServSafe® food protection manager certification exam, which is accredited by the American National Standards Institute.

ServSafe® training and certification is recognized by more federal, state, and local jurisdictions than any other food safety certification. In fact, most employers in the food industry require new managers to attend a ServSafe® class and take the exam within a certain amount of time as part of their training. The Food and Drug Administration®(FDA) issues a Food Code which is a science-based code providing recommendations for food safety regulations. The Code was created for city, county, state and tribal agencies to help regulate foodservice for restaurants and retail food stores, vending operations, schools and daycare centers, hospitals and nursing homes. The ServSafe® program was created by food industry leaders who face the same food safety challenges and is largely based on the food code.

We are now using the 7th edition of the ServSafe® Manager book. The science will change, and it is important to keep up with those

changes. ServSafe® encompasses knowledge based on all types of food establishments and the ways to keep the food safe at every point in the flow of food, the path food takes from purchasing to serving. Attending an in person ServSafe® class really helps the individual focus on learning this important information and gives him/her a chance to ask questions and advice from the instructor on food safety issues. Not to mention they may learn that others are having the same issues or questions and can learn from each other in the group how to overcome these issues.

Participating in a food safety course from the health department is good, but it should be supplemented with a ServSafe® certification. More knowledge is always a good thing. Having a ServSafe® certification on your resume can put you at the top when being considered for a position in the food industry. It will instill confidence in you and your team that they are correctly being trained on food safety procedures. Yes, I know taking the ServSafe® exam is a little nerve racking but having all that knowledge to pass on to your team and creating food safety best practices is vital in avoiding a foodborne illness outbreak! Now that I've convinced you that ServSafe® certification is the way to go, check out our website, www.kyra.org, to sign up for the next ServSafe® class!

As Always, Food Safety First!

Amy Shankle
Director of Training





Chefs That Sizzle

by CHEF DALLAS MCGARITY

One of the most important things in the restaurant industry is keeping people safe. Food safety is one of the biggest duties of any restaurant professional and one of the basics of any culinary operation. Food enjoyed at restaurants all around the world goes through the process of transportation, storage, and handling to move from plant/farm to plate. This process creates many opportunities for bacteria to infiltrate and contaminate food products, which ruins the safety of the food. Restaurants that accidentally serve contaminated food are putting their customers at risk and this can lead to severe damage to a restaurant's reputation and image, which will negatively impact sales. There are certain rules in place that make a restaurant safe in a food safety aspect. I will touch on a few of them that I feel are often overlooked and sometimes a little lax in restaurants.

The first and most important thing to start with is WASH YOUR HANDS! Preparing and handling food is a touchy business and you must start by making sure that your hands are clean. Use soap and warm water for at least 20 seconds. This simple task eliminates germs and helps remind you to keep on track with all the other basics of food safety.

The second big thing is to wash your vegetables! Many restaurants overlook this issue and just don't do it because of time or they feel that the produce is already clean. It's necessary to wash vegetables that aren't labeled as pre-washed or that aren't pre-packaged. Use a clean sink, cold water, and sometimes a vegetable brush if necessary. Dry leafy greens in a salad spinner and make sure that you store them in a proper container with a label and a date. Washing vegetables isn't a fun job, but it's a very important one.

The next thing that is a must is to avoid cross contamination. Cross contamination happens when bacteria, allergens, or other microorganisms transfer from one object to another unintentionally. You must properly sanitize surfaces, prep areas, cutting boards, equipment, storage areas, trash cans, floor drains, and basically anything that could encounter food or equipment that touches food. This will also help eliminate any pests that could spread salmonella, listeria, or any other harmful disease to the food in your kitchen. Avoiding cross contamination also allows you to keep guests with serious allergies from getting sick or worse. Cross contamination is something that most cooks are aware of, but also pay attention to the bar area. From cutting fruit for drinks to putting an olive in a martini, there are many ways to cross contaminate so be mindful while you are working.

The final thing that I feel gets a little overlooked in a restaurant is storing foods at safe temperatures. Not only does it keep your food from spoiling and allows you to serve the highest quality products to your guests, but it also keeps harmful/deadly bacteria at bay that could cause guests to get ill. Food should be stored out of the temperature danger zone. Cold foods hold best at 40F or below and hot foods must be held at 135F or above. Calibrate your thermometers and make sure that food does not stay out in between either of these temperatures for longer than two hours. Keep your coolers/walk-ins clean and running properly. Make sure that thermometers are in them so you can monitor temperatures throughout the shift. It sometimes helps to keep a log of the temperature throughout the day so that you can monitor more easily. Maintenance is the key to making sure that you have a safe kitchen. If a cooler is not holding temperature, remove the food from it and call a repair service or just replace it. Sometimes things need to be replaced in a commercial kitchen. Time is not a friend to equipment in a busy restaurant. When the food arrives

from the vendor, make sure a chef or manager checks it to ensure the proper temperature and that nothing is damaged. The product has traveled through many hands to make it to your restaurant and should have been handled with care from each vendor.

Practicing food safety in a restaurant is a never ending duty. It is the one constant that must remain throughout the entirety of operation. From the moment the staff arrives until the end of shift when the doors are locked and the alarm is set, food safety should be at the top of the list of priorities for any restaurant professional. Training staff on this is absolutely necessary to ensure nothing is missed or skipped throughout the shift. The moment the food arrives from any vendor, it should be put away properly and stored at the correct temperature so it stays out of the temperature danger zone. Implement programs and systems that work for you and your restaurant to keep these things focused and intact. Have your managers become ServSafe certified or certified through your local health department. Don't take this lightly. Your restaurant's reputation is on the line

along with keeping your guests safe and keeping them coming back for more.

Chef Dallas McGarity grew up in rural South Carolina. His mom and mamaw instilled a passion for food at an early age. After graduating from culinary school at Johnson & Wales University and working in Charleston, SC for many years, he moved to Louisville, KY in 2004. Chef Dallas was encouraged that the Louisville food scene had much to offer a young chef and fell in love with the city. After working at several fine dining places in Louisville as Executive Chef, he was ready to open a restaurant as both Executive Chef and Owner. With the help of his wife, Laura, The Fat Lamb Modern Kitchen & Bar opened in November of 2016. The small, open-kitchen concept has received a great response from the highlands neighborhood within which it is located and continues to serve both local patrons and visitors upscale comfort food with an emphasis on locally sourced ingredients.

Zhug

a bright, spicy cilantro sauce that originated in Yemen. Used on meats, falafel, fish, eggs, vegetables or even as a salad dressing, it is a contrast to the cooling of tzatziki sauce. It takes work to make but it is worth it.

- 4 ea garlic cloves (roughly chopped)
- 2 tightly packed cups of fresh cilantro (about 2 bunches)
- 5 ea jalapenos (seeded and rough chopped)
- 1 tightly packed cup of fresh italian parsley (about 1 bunch)
- 1 cup extra virgin olive oil
- 1 lemon (juice only)
- 1 tablespoon ground cumin
- 1 tablespoon red chili flakes
- 1 teaspoon ground cardamom
- salt and pepper to taste

In a food processor, pulse the garlic and jalapenos until they are pureed well. Next add in the other ingredients except the olive oil and process until it is all mixed together and finely chopped. Scrape down the sides and blend while drizzling the olive oil in. Taste and adjust the seasoning if necessary. The flavor will be less intense over time. Store it in a jar in the refrigerator for a week. This recipe makes about two cups.





SAFETY FOCUS: FOOD ALLERGENS

What is a food allergen? A protein in a food that some people are sensitive to.

An allergic reaction is when the immune system mistakenly considers the allergen to be harmful and attacks the food protein.

According to the USDA, food allergies affect about two percent of adults and four to eight percent of children in the United States. Each year in the U.S. it is estimated that anaphylaxis to food results in 30,000 emergency room visits, 2000 hospitalizations, and 150 deaths. The nine major food allergens are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans, with sesame becoming the ninth on Jan. 1, 2023. (The Food Allergy Safety, Treatment, Education and Research (FASTER) Act signed into law on April 23, 2021, declared sesame as the ninth major food allergen recognized by the U.S.) The FDA noted, however, that more than 160 foods are known to cause allergic reactions. There are a few steps that our service and kitchen staff can take to protect our guests with food allergies.

- Food labels are an important tool, and the Federal Law requires manufactured products to have the allergens listed on the food label.
- Tell a guest exactly how each dish is prepared and include any special ingredients.
- Suggest menu items that do not contain allergens
- Clearly identify the allergen order on the order ticket and communicate with the kitchen staff about the allergen.
- Hand deliver the special order to the guest separate from the other food to prevent cross-contact which is the transfer from food or food-contact surfaces containing an allergen

to the food served to the customer. There are “allergen picks” that can be used to clearly mark the food for the guest with the food allergy.

- Using separate fryers for different foods, washing hands, changing gloves, sanitizing the work area and utensils is also a great way to prevent any cross-contact.

Make Food Allergens a weekly focus in your restaurant. Before each shift, prepare a dish from your menu containing an allergen and go over the recipe with the staff so they can become more knowledgeable and



confident when they are serving a guest with an allergen. As a manager and operator, make yourself available to your staff and guests if questions arise concerning an allergen.

If you would like an updated Food Allergen poster, please contact me at the KRA office 502-400-3736 or amy@kyra.org.

As Always, Food Safety First!
Amy Shankle
Director Of Training
Kentucky Restaurant Association



Q: My restaurant just made me our food safety point person. I want to implement some new procedures and wonder where I should start?

A: Congratulations to you! A great place to start is creating a routine to check holding temperatures throughout the shift. Checking temperatures every two hours is the way to go - if an item is in the temperature danger zone you can take corrective action immediately and still be able to serve that item as opposed to checking temperatures every four hours and any item in the temperature danger zone must be thrown out. This will result in a lot of waste, a monetary cost and a cost of precious time. Another item to include in your routine is having the first person that arrives in the morning check equipment functionality. Ensuring the equipment is working properly is key to avoiding any food safety issues and again, corrective action can be taken immediately. Put together a check list to help create a consistent routine!

Q: If I run a catering business or have a buffet at an event without power for the holding equipment, how long can cold or hot food be served without temperature control?

A: COLD TCS food can be held without temperature control for six hours if these conditions are met:

- The food must be held at 41 °F or lower before removing it from refrigeration;
- Label the food with the time it was removed and the time it must be thrown out. The discard time must be six hours from the time it was removed from refrigeration;

- Make sure the food temperature does not exceed 70 °F while it is being served. Throw out any food that exceeds this temperature;
- Sell, serve, or throw out the food within the six hours.

HOT TCS food can be held without temperature control for four hours if the following conditions are met:

- The food is held at 135 oF or higher before removing it from temperature control;
- Label the food with the time you must throw it out. The discard time must be four hours from the time you removed the food from temperature control;
- Sell, serve, or throw out the food within the four hours.

* Never hold food without temperature control if you primarily serve a high-risk population such as hospitals, nursing homes etc.

Q: I have seen on different occasions a cook handle ready to eat foods without using a single use glove, is this acceptable?

A: You should never handle ready to eat foods without using a single use glove, except for these two situations:

- The food is an ingredient in a dish that does not contain raw meat, seafood, or poultry and the dish will be cooked to at least 145°F (63°C);
- The food is an ingredient in a dish containing raw meat, seafood, or poultry and the dish will be cooked to the required minimum internal temperature of the raw item(s).

How may we be of assistance?

Call the Kentucky Restaurant Association at 502-400-3736
or email stacy@kyra.org with your question.



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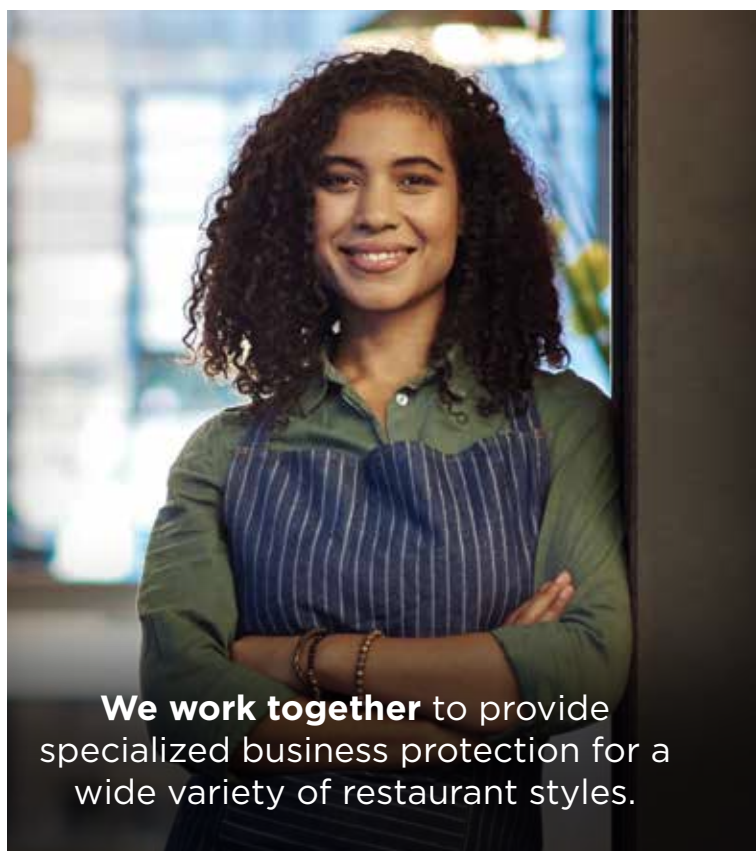
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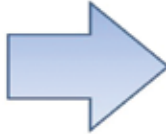
For more information
contact Mike at 270-791-3053

FOOD SAFETY

What is Food Safety?

Prevention of foodborne illness (short-term and long-term)

- Biological
 - Pathogens
 - Parasites
- Chemical
 - Allergens
 - Adulterants
- Physical
 - Metal/glass



- Foods are engineered to be safe through formulation, processing, and handling.
- HACCP plans are designed and monitored.
 - Critical control points are steps at which food safety hazards can be prevented, eliminated, or reduced to acceptable (critical) levels.
 - The most common CCP for processed foods is **time/temperature** for inactivating target microbes



Wikipedia food safety image

The five most common risk factors to food safety are:

- Purchasing food from unsafe sources
- Failing to cook food correctly
- Holding food at incorrect temperatures
- Using contaminated equipment
- Practicing poor personal hygiene

It is important to create a food safety management system throughout the **flow of food**. Developing an active managerial control creates a proactive as opposed to a reactive environment in the establishment when controlling the risk factors to food safety. Here are some important steps to take when implementing active managerial control:

Identify and document the risks in your operation, then identify the hazards that can be controlled or eliminated.

Monitor critical activities in the operation. And make note of where employees must monitor food-safety requirements, such as taking temperature of food items throughout the shift. Or checking sanitizer concentrations.

Corrective Action must be taken when improper procedures or behaviors are recognized by management.

Management Oversight involves verifying all policies, procedures, and corrective actions are followed.

Training employees to follow procedures and retrain when necessary.

Re-evaluation is important to periodically assess the system to make sure it is working correctly and effectively.



Certified Food Protection Manager

Staff aren't the only ones who need training to keep food safe. The FDA Food Code requires the Person in Charge of a foodservice operation to become a certified food protection manager. And they must be always onsite during operating hours. Therefore, all managers need to obtain certification from an accredited program such as ServSafe®.



FOOD SAFETY

Cooking To Correct Temperatures

Minimum internal temperatures for specific types of Food:

165 °F instantaneous – Poultry, stuffed meat, seafood or pasta, and dishes that include previously cooked TCS food.

155 °F for 17 seconds – Ground meat, beef, pork and other meat, ground seafood. Shell eggs held for service.

145 °F for 15 seconds – seafood, steaks/chops of pork, beef, veal and lamb. Commercially raised game and shell eggs that will be served immediately.

145 °F for 4 minutes – Roasts of pork, beef, veal, and lamb.

135 °F (no minimum time) – Fruit, vegetables, grains, and legumes that will be held for hot service.



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Managing Personal Hygiene for Food Safety

Food handlers can contaminate food at any step during the flow of food. It is crucial to have a good personal hygiene program in place to control this risk factor. It is important to pay attention to what they do with their hands. Here are some common actions to avoid:

- Scratching the scalp
- Running fingers through the hair
- Wiping or touching the nose
- Rubbing an ear
- Touching a pimple or an infected wound/boil
- Wearing and touching a dirty uniform
- Coughing and sneezing into the hand
- Spitting in the operation



Hand washing is the most important part of personal hygiene

How to wash hands, the entire process should take 20 seconds:

1. Wet hands and arms with running warm water
2. Apply soap and work up a good lather
3. Scrub hands and arms vigorously for 10-15 seconds. Ensure to clean fingertips, under fingernails and between fingers.
4. Rinse hands and arms thoroughly with warm water
5. Dry hands and arms using a single-use towel or hand dryer.

If anyone on your team needs to be ServSafe certified please go to our website, www.KYRA.org, and register them for a class. I am also available to help perform a food safety inspection to ensure that you are ready for the Health Inspector!

As always, Food safety first!

Amy Shankle, Director of Training
Kentucky Restaurant Association



LOUISVILLE CHAPTER NEWS



34 years ago we started what would become the Firecracker Golf Outing. Over the years it has become one of the Best Attended & "Funnest" golf outings in Louisville, Kentucky. This is all due to the support of its members and the work that the Firecracker Golf Committee puts forth each year. I am proud of our efforts in the past and with that said the 34th Annual Firecracker raised more money than ever for its charity "Apron" and for its use to market the KRA / Louisville Chapter and its members. -Thank You to all the companies that sponsored, played and of course the Firecracker Committee for a job well done! See you at the next Firecracker Golf Outing on June 19, 2023. Rory Wilson, Firecracker Scramble Chairman

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The Taste of Louisville (21+ only) October 12, 2022 6:00 PM Mellwood Arts Center

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Buy tickets online at

<https://tinyurl.com/bdcunrff>





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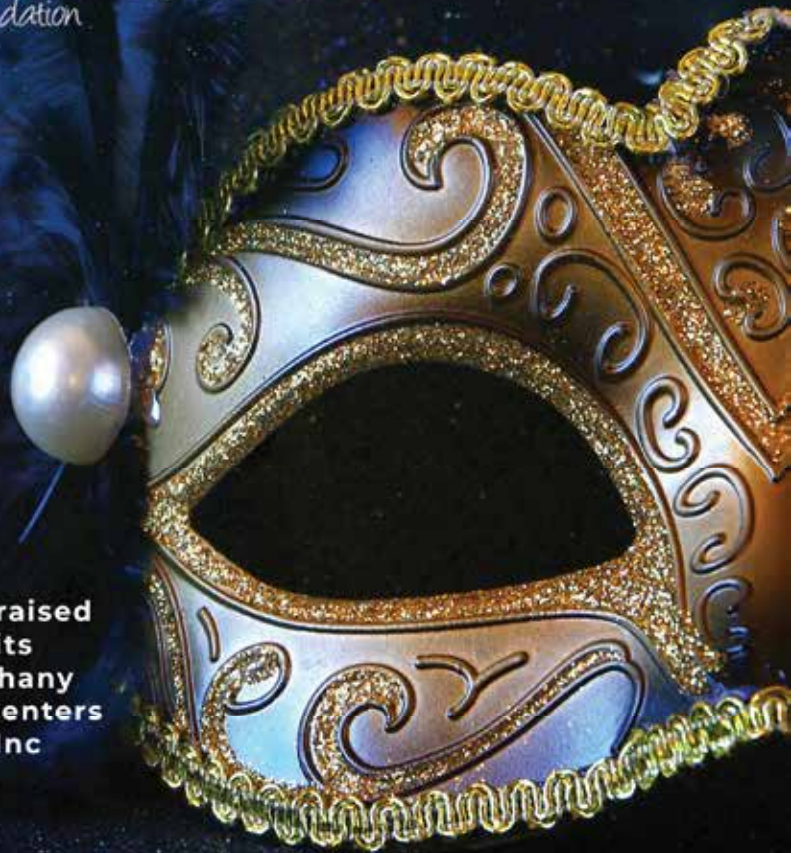
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- Employee Polygraph Protection
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- Job Safety and Health Protection (OSHA)
- Minimum Wage / Fair Labor Standards Act
- Uniformed Services Employment and Reemployment Rights Act (USERRA): The full text of the notice must be provided by each employer to persons entitled to rights and benefits under USERRA. Employers may provide the notice by posting it where employee notices are customarily placed. However, employers are free to provide the USERRA notice in other ways that will minimize costs while ensuring that the full text of the notice is provided (e.g., by distributing the notice by direct handling, mailing, or via electronic mail.)
- Family and Medical Leave Act: must be posted by private sector employers who employ 50 or more employees in 20 or more work weeks, and by all government agencies.

Individual notices may be printed from the US Department of Labor website at www.dol.gov or an all-in-one poster containing these six federal notices may be obtained from the KRA office. Kentucky state law requires all employers post the following notices as well:

- Unemployment Insurance Benefits
- Safety & Health Protection on the Job
- Wage and Hour Laws
- Child Labor Law
- Wage Discrimination Because of Sex
- Heimlich Maneuver
- Workers Compensation Notice



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WHAT CHEFS WANT

For over 20 years we have helped chefs and restaurateurs succeed by revolutionizing production, revolutionizing distribution and focusing on service, not sales.

OUR SERVICES THAT HELP CHEFS SUCCEED EVERY DAY

- ✓ 6-day delivery service in most markets
- ✓ No minimum order size
- ✓ Broken cases on all lines
- ✓ 24/7 Customer support, pricing, ordering and catalog access
- ✓ Convenient ordering through our app and website

HOW WE DO IT

- ✓ No sales reps. Non-commissioned customer advocates only when you need them
- ✓ State-of-the-art technology for every department
- ✓ Multi-billion dollar buying power
- ✓ Focused on tight urban areas

Transforming old industry standards and redefining how you access food for your kitchen!

Go to whatchefswant.com to learn more.

THE INDUSTRY HARDLINERSM



Serving your restaurant with amazing business solutions.

With Heartland on your side, we guarantee your restaurant will be equipped with the best payments, payroll, point-of-sale, customer engagement and lending products in the industry.

Payments

- Contactless Payments: Enhance your diners experience from ordering to checkout with quick, efficient and secure technology.
- Mobile Payments: Accept mobile payments in minutes right on your phone or tablet in two easy steps.
- EMV Speed and Security: Process EMV card payments 4 times faster than the industry average while keeping customer data secure.

Payroll+HR

Reduce administrative tasks and ensure your business is compliant with Heartland's payroll processing and HR administrative tools.

Point of Sale

Choose from a full stack of restaurant management platforms allowing you to capture, view, analyze and take action based on your needs.

Customer Engagement

- Analytics: Leverage your restaurant's data to predict and understand guest behavior with an easy-to-implement and powerful system that efficiently compiles information in a way that's useful to you.
- Gift+Reward Features: Attract new customers and turn patrons into loyal fans with customer engagement solutions.

Lending

Secure loan terms and rates with one of Heartland's reputable lending partners.

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