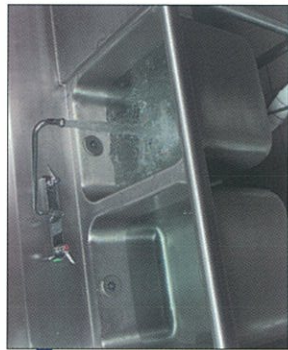


Cold Food Preparation

Washing Lettuce

1



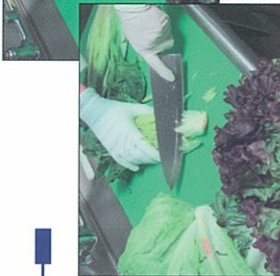
Fill two clean sinks with very cold water (no ice).

2



Remove undesirable outer leaves from lettuce.

3



Core the lettuce. For round heads, cut out core with a paring knife. For long leaf lettuces, quarter head lengthwise and cut core off at an angle.

4



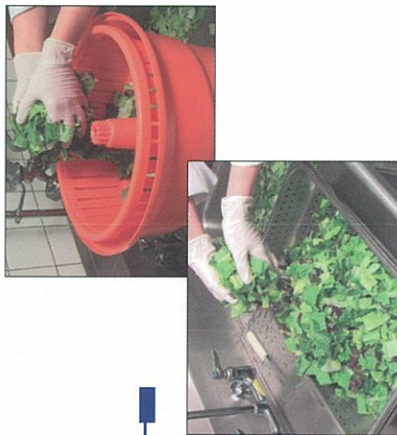
Cut into bite-sized pieces with a sharp knife or leave whole for sandwich preparation.

5



Dunk lettuce into first sink. Move around with gloved hands. Remove the lettuce from first sink and place in the second sink. Move around in water again. If lettuce is still sandy, repeat the process.

6



Remove lettuce and place in a salad spinner and spin until no liquid remains. If a salad spinner is not available, drain in a colander or perforated pan and place on absorbent toweling.

7



Place in food grade container.

8



Cover with damp, clean towels and refrigerate.



- Cold foods at 40° F (4° C) or below.
- Use a green cutting board when preparing vegetables.
- Use utensils or gloves when handling ready-to-eat foods.



- Use sharp knives to avoid bruising lettuce.
- Moisture keeps lettuce fresh-looking and crisp.