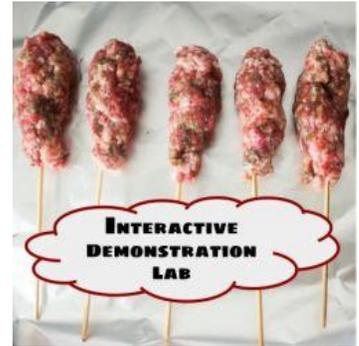


Food Safety Lab or Demonstration: Baked Ground Beef Kabobs

- 16 wooden skewers
- 2 lbs. ground beef* (or a mix of beef and pork, turkey or chicken)
- 1 egg
- 1/4 cup dried parsley (or 1/2 cup fresh parsley, minced)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp cumin
- 1/2 tsp pepper



Pre-soak wooden skewers for at least 30 minutes. Preheat the oven to 350 degrees F. Line a pizza pan with foil and coat with a non-stick spray. Mix all ingredients in the large Kitchen Aid mixing bowl on low until well combined (don't overmix). Divide the meat evenly and gently form meat into oblong patties on the pre-soaked wooden skewers. Bake in a preheated oven for about 20 minutes, until internal temperature reaches 160 degrees F using a meat thermometer.*** Then broil for a minute or two to brown the meat. Let kebabs rest for a few minutes before eating so that juices redistribute throughout the meat. Serve with condiments of choice: catsup, yum-yum sauce, ranch dressing, bbq sauce or tzatziki dip. Store any leftovers in the refrigerator within 2 hours.

NOTE: During COVID--do this as an interactive class demo using the full recipe. Teacher presoaks skewers. Doing the lab this day may require you to break it into a 2 day lab. If you feel this might be the case, eliminate the preheat step only on 1-3. save jobs 15 and 16 for day 2 instead. After students form their kabobs and label/key code their skewers and place them on a pan, cover & label with plastic wrap and refrigerate overnight. On day 2, the teacher will preheat the ovens ahead of time to ensure enough class time for baking, eating and cleaning up!

1-3: Preheat the oven & Foil line pan in assigned kitchen 4-6: :Spray pan with non-stick spray in assigned kitchen 7: Open & add ground beef & turkey; add to mixer 8: Crack & add egg 9: Chop and/or measure parsley 10: Measure & add onion powder & add garlic powder 11: Measure & add paprika & salt 12: Measure & add cumin & pepper 13 Mix ingredients together in the KA mixer on low, scraping down sides if necessary 14: Individually serve each student a scoop of ground meat. See ** 15: Add/Remove kebabs to/from oven 16: Check kebabs for doneness with a meat thermometer & switch oven to broil.

****Each student forms their own kabob & marks their skewer in a unique color (assign each group member one of the following colors: blue, green, red, black and if more than 4, leave 5th one color-free) with a sharpie and places it on the pan.**

Use the recipe to answer the following pre-lab questions. Assume you were making this recipe by yourself.



1. Washing your hands represents the CLEAN food safety step. At what stages in this recipe will you need to wash your hands? Name at least 3.
2. How could cross-contamination occur while making this recipe? How could you prevent cross-contamination?
3. How will you know when the kabobs are thoroughly cooked? How can you tell?
4. If the ground meat was frozen prior to this lab and needed to be thawed, name at least two safe ways to thaw it.
5. Which foods in this recipe need to be refrigerated for food safety?
6. Why does the recipe recommend storing leftovers in the refrigerator within 2 hours?
7. What is the purpose of covering the baking sheet with foil? Could you still make this recipe if you didn't have the foil?
8. List at least 5 different pieces of equipment you will need to prepare this recipe. Remember some may be listed and others you will have to infer based on the cooking instructions.

