

Experienced Teacher Tips for Safety When Making Gnocchi

- 1 Have students read the recipe from start to finish before they begin any work. You'll be surprised how many mistakes this will catch and how many questions this will generate!
- 2 Pots of water are heavy! In an industrial kitchen, sinks can be far from the stove tops and other equipment. Have students use smaller pots when possible. Use extreme caution when moving pots of hot water to sinks eg. Draining pasta water. Sometimes, using a cart to move pots can be the safest way.
- 3 Pour out hot liquids slowly. They can splash back at you causing burns and accidents.
- 4 Cook thicker sauces on lower heats when possible. They can splatter when boiling and this can lead to burns.
- 5 Stir pasta with a long spoon to prevent it from sticking to the bottom of the pot and cook pasta with the lid off to prevent pots from boiling over.
- 6 Use extreme care when adding food and other items to hot liquids. Splashes can lead to burns and injury. Where possible use a spyder or basket to lower items into hot liquids.
- 7 Keep water away from hot oils. Be careful if you are adding frozen foods to hot oil, it can splatter.
- 8 Have students use a spoon or spatula to gently stir pans and pots. Having them "flick" the pots and pans can lead to bad burns and accidents in the kitchen.
- 9 Always check their shoes! In the warmer months people tend to wear sandals and open toe shoes to school. This can be a hazard to the individual and can lead to burns and/or cuts.
- 10 Do not leave hot pots unattended. If they are being relocated to the dish area or left to cool, they should not be unattended or they should be left in an area designated for hot items. This will prevent someone from grabbing a hot handle or other kitchen item.