

Guidelines for Duties in the Kitchen

WASHING UP:

- **Use the hottest water available.**
- **Pour in approximately 3 tablespoons dishwashing liquid and one tablespoon bleach.**

- Remember that using too much dishwashing liquid can result in the water being murky and make the task of rinsing the dishes more difficult.
- Try not to get any of the dishwashing water on your clothes as the bleach might stain it.
- The bleach will help to fight germs that grow on dirty dishes and also clean utensils and glasses better.
 - **Fill a separate sink with clean, hot water.**

-> Dishes can be done in the following order to reach the best results:

1. Glasses first. If glasses are done later during the course of washing up they can become murky and look dirty even after they have been washed and rinsed.

2. Cutlery and other kitchen utensils such as dishing up spoons. Cutlery usually has less food on it than plates, so this will keep your water as clean as possible for as long as possible.

REMEMBER: If you are washing kitchen utensils DO NOT soak any wooden spoons as this will cause them to crack when they dry. Wash them as soon as possible after use to avoid any unpleasant flavours or odours soaking into them.

ALSO: Wash sharp knives immediately. DO NOT leave them lying around at the bottom of the sink as you can't see them beneath the foam and can cut yourself.

3. Plates. Plates should be scraped as clean as possible before being put into the sink. This will also prevent your water from becoming dirty and prevent a possible blocked drain.

4. Pots, pans and other equipment used for preparation.

REMEMBER: If a pan or pot has been burnt during the course of cooking, fill it with three-quarters of clean water and place it on a stove for about ten minutes. This will dislodge any food burnt onto the bottom of the pot/pan and save you from scrubbing them too vigorously.

If you don't have time for that, rather let the pot soak with hot water for a few minutes or overnight if it's too badly burnt.

DO NOT dry your pots/pans or other equipment with your dishcloth. Let them drip dry or use a different dishcloth as the bottom of pots/pans can blacken your dish cloth.

5. Chopping Boards. This should be the cleanest part of your kitchen. Use clean, hot water with only a minimal amount (approximately one teaspoon) of dishwashing liquid. Rinse thoroughly afterwards. Make sure it's dried thoroughly before storage to avoid growth of bacteria.

REMEMBER: When chopping food on a chopping board, do not chop cooked and raw food on the same chopping board. Rinse the board before switching between chopping raw food and chopping cooked food.