

# Safe Food Marinating

This playbook outlines the proper steps and precautions for marinating foods to ensure safety, particularly in preventing cross-contamination and following recommended time limits.

## Step 1: **Marinate Preparation**

Gather all ingredients, tools, and containers needed for marinating. Ensure all utensils and containers are thoroughly cleaned and sanitized to prevent contamination.

## Step 2: **Marinate Storage**

Always marinate food in the refrigerator, never on the counter or outdoors. Keeping food cold inhibits bacterial growth.

## Step 3: **Time Management**

Marinate meats for the appropriate time: generally 2 hours for small cuts and up to 24 hours for larger pieces. Do not exceed recommended marination times, especially for fish and seafood.

## Step 4: **Cross-Contamination**

Use separate containers for raw and cooked foods to prevent cross-contamination. If you plan to use some of the marinade as a sauce, set aside a portion before adding the raw meat.

## Step 5: **Safe Disposal**

Discard any leftover marinade that has been in contact with raw meat, as it may harbor harmful bacteria. Do not reuse marinade.

## **General Notes**

### **Allergy Awareness**

Be aware of any allergens that might be in your marinade ingredients to ensure the safety of those consuming the marinated foods.

### **Marinade Acidity**

Acidic marinades (such as those containing vinegar or citrus juice) can toughen the proteins in seafood if marinated for too long. Always adhere to recommended marination times.