



Allergen Training & Guide



Pre Questions....

How do you check if food does not contain a particular ingredient?

How do you prepare food for someone with a food allergy?



What are allergens...

A food allergy is an abnormal response to a food triggered by your body's immune system. Allergic reactions to food can sometimes cause serious illness and death.

In December 2014 it became a legal requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

Here are the allergens, and some examples of where they can be found:

Celery - This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

Crustaceans - Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for

Eggs - Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg

Fish - You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin - Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta

Milk - Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces

Molluscs - These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

Mustard - Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces

Peanuts - Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds - These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

Soya - Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide - (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

How do we prevent abnormal responses to food?

- Ensure the information we provide is clean and correct
 - Allergen Matrix are up to date and correct
 - Clear guideline on our menus
 - Let the customer decide
 - Clear communication between FOH on Kitchen
- Cross contamination...

Our Job

Our main role is to ensure all customer have access to the allergen content in each dish... we do this via a Allergen Contents Matrix shown here:

Dishes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Gourmet Burger		Y					Y							
Hunters Burger		Y					Y							
Tower Burger		Y					Y							

The senior management team will review these allergens on a regular basis. Our main suppliers will update us immediately if an ingredient changes on any of our product lines.

Us as individuals

As individuals your role in this is to

- 1) Ensure if a customer asks if a certain dish has any of the allergens, we use the matrix to correctly advise them.
- 2) If we notice or are told of any ingredient changes on products we immediately inform the management team.
- 3) We ensure if we are putting dishes on the specials a Matrix for that dish is completed and approved by management...

How do we complete the Matrix?



Completing the Matrix

- 1) Ask your manager to print you a matrix off
- 2) List every ingredient you are to use for your dish for example you want to put a Hunters Chicken served with chips & Salad Garnish on you will list:
 - 1) Chicken
 - 2) BBQ sauce
 - 3) Mushrooms
 - 4) Cheese
 - 5) Chips (Potatoes)
 - 6) Salad Garnish – Tomatoes, Mixed Leaf, Peppers, Cucumber, Red Onion.
- 3) Look at all the packaging and ensure the ingredients don't contain any of the 14 Allergens – In most cases the allergens are **BOLD** or Underlined
- 4) Simply put a Y in the box if it contains that specific Allergen a M if it may contain that allergen or leave it blank if it doesn't contain that allergen.

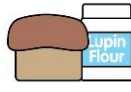
Test your selves

I would like you to go away and complete the Matrix on the next slide to ensure you fully understand

- a) What you are looking for and
- b) How to complete a allergen matrix

Please complete the following dishes which you can find on our menu – You **MUST NOT** look at the Allergen Charts within the pubs. You will be randomly tested on completing allergen matrix.

- 1) Hunters Chicken
- 2) Roast Beef Dinner
- 3) Gluten Free Chicken Tikka Masala
- 4) Pan Fried Sea Bass
- 5) Choose your own special dish, List all your ingredients and complete the matrix..



DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Scampi – Mushy Peas														
Chicken Tikka Masala														
Vegan Black Bean Sizzler														

Notes>>>



Cross Contamination

Safety Point	Why
<p>If someone asks if a dish contains a certain food, check all the ingredients in the dish (and what they contain), as well as what you use to cook the dish, thicken a sauce and to make a garnish or salad dressing. Never guess. A customer may also give you an allergy 'chef card' listing the foods that they are sensitive to. See an allergy 'chef card' here: food.gov.uk/sites/default/files/allergy-chef-cards.pdf</p>	<p>If someone has a severe allergy, they can react to even a tiny amount of the food they are sensitive to. See Managing Food Allergens Information Safe method in the Management section. You can find out more about allergies at food.gov.uk/business-industry/allergy-guide</p>
<p>Keep a record of the ingredient information of any ready-made food and drink you use to cook or serve. Separating and labelling ingredients is very important when preparing food to help you identify what is in the meal, easily.</p>	<p>This is so you can check what is in the food.</p>
<p>Give detailed information in the name or description of dishes on the menu, especially if they include the foods listed over the page, e.g. chocolate and almond slice, sesame oil dressing. Remember to update the menu when recipes change.</p>	<p>This allows people with food allergies to spot that dishes contain certain foods.</p>
<p>When you have been asked to prepare a dish that does not contain a certain food, make sure work surfaces and equipment have been thoroughly cleaned first. Make sure staff wash their hands thoroughly before preparing the dish.</p>	<p>This is to prevent small amounts of the food that a person is allergic to getting into the dish accidentally.</p>

Key points to address when preparing dishes that don't contain certain ingredients

- Wash your hands
- Wash work surfaces
- Wash & sterilise equipment
- Prepare dish away from other dishes to ensure no contamination

What if something goes wrong....

If you think a customer is having a severe allergic reaction:

- do not move them
- ring 999 and ask for an ambulance with a paramedic straight away
- explain that your customer could have anaphylaxis (pronounced 'anna-fill-axis')
- send someone outside to wait for the ambulance
- if the customer has an adrenalin or Epi pen, help them to get it.

Before we go....

1) Answer the 2 questions again:

- How do you check if food does not contain a particular ingredient?
- How do you prepare food for someone with a food allergy?

2) Complete the allergen training record!



If you have any further questions on Allergens please contact Jack Halsall Direct on jackhalsall2@gmail.com or 07802384625

Many Thanks
Team Timeless

