Cooking Up Cottage Food Safely

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Minnesota Cottage Foods Law

- **Licensing exemption** for individuals to sell non-potentially hazardous (NPH) (TCS) foods made in home kitchens
- NPH foods do not support rapid growth of bacteria if not refrigerated
  - pH 4.6 or less *OR* Aw 0.85 or less
- Annual registration
- Food safety training every 3 years
Are you teaching food safety to cottage food producers?
Keep it Safe! Keep it Legal!
Cottage Food Producer Food Safety Workshop

• Food safety risks related to cottage food products
• Safe food handling and processing methods
• Key food processing methods learning stations
Food safety risks

- Microorganisms – control and prevent
- Contamination – protect and prevent
  - health, hygiene of food preparer
  - cleanliness, sanitation of kitchen, storage
- Processing methods – research-based
Food processing methods learning stations

- pH testing
- Jams and jellies
- Baker’s delight
- Drying

- Canning
- Know your ingredients: water activity testing
- Fermentation
Station 1

pH Testing

Directions:

1. Watch pH calibration and testing video
2. Calibrate a pH meter following the instructions from the video
3. Refer to Purchasing and Using a pH Meter handout
4. Follow the instructions on Purchasing and Using a pH Meter handout, page 3, Testing the Equilibrium pH of an Acidified Food Product to test a product. What is the test result? Does it qualify as a non-potentially hazardous cottage food?
5. Share your pH testing experience, tips and advice.
Station 1 pH testing

Station 1 pH Testing

Directions:
1. Watch pH calibration and testing video
2. Calibrate a pH meter following the instructions
3. Refer to pH scale

Station 1: pH Testing Station Checklist
- 2 Laminated pages with directions
- My question is... cards
- pH meters, supplies (distilled water, paper towels, buffers 4 & 7), product to test
- Purchasing and using a pH meter, Wisconsin (2-sided, stapled)
- pH Values of Common Foods and Ingredients (2-sided)
- Canning & pH Testing Record
- Slurry Method

My Question Is

From Consumers to Chefs
FOOD SAFETY EDUCATION MATTERS
Station 2

Jam & Jellies

Directions:
1. Read and discuss the questions (purple sheets) about issues with jellied products. Use the Remedies for Jellied Fruit Product Problems fact sheet.
2. Review and discuss tips to test for doneness of a jellied product. See Preserving Food: Jams and Jellies handout, page 3.
3. Discuss flavors of jam and jelly you produce and sell as a cottage food. Share any tips, advice and challenges.
Station 3
Bakers Delight

Directions:

1. Read the Oatmeal-Raisin recipe. Discuss and add any food safety you implement to prevent cross-contact of food allergens and cross-contamination of pathogens.
2. Share any tips, advice and challenges you have baking cottage foods.
3. Do the White Powders activity and Cake Recipe. Compare your answers to the answer sheet. Discuss the implications of this activity with someone.
Station 4
Drying Foods

Directions:

1. Discuss the foods you dry and sell as a cottage food. Share any tips, advice and challenges.
2. *Preserving Food: Drying Fruits and Vegetables* handout. Read and discuss these sections:
   a. How Drying Preserves Food, page 1
   b. Pasteurization, page 2. Share your experiences with this method.
   c. Pretreating the Fruit, page 3. Discuss methods you use and which you prefer and why.
   e. Drying vegetables, page 5. Discuss why vegetables should be blanched before drying and which method you prefer and why.
Station 5

Canning

Directions:

1. Write down your procedure you use to make and can a cottage food product from start to finish.
2. Compare your process to the Canning Crushed Tomatoes Step-by-Step Directions handout.
3. Discuss the foods you can and sell as a cottage food. Share any tips, advice and challenges.

From Consumers to Chefs

FOOD SAFETY EDUCATION MATTERS
Station 6

Know your Ingredients

Directions:

1. Discuss how you select recipes. What quality and food safety aspects do you consider?
2. Has anyone formulated a recipe? Please share your process with the group.
3. Read and discuss the Buttercream Frosting Scenario. What role does sugar play in making the frosting non-potentially hazardous?
4. Review the banana bread recipe in the Come and Bake It book, page 39. What makes it potentially hazardous?
Station 7

Fermenting Foods

Directions:

1. Read *Fermentation Guidelines* handout.
2. Discuss the foods you ferment and sell as a cottage food. Share any tips and advice to ferment food.
3. Discuss challenges you have had fermenting food.
4. Review and take *Understanding and Making Kimchi* and *Golden Sauerkraut and Lacto-Fermentation* handout.
What you’ll get ...

• Course outline
• Handouts
• Station info
• Course evaluation

Thank you!!