



Mexican Foods

**Maricopa County
Environmental Services Department**



Maricopa County Environmental Services Department

**Working with our community
to ensure a safe and healthy environment**

VISION STATEMENT:

As the recognized regional environmental leader, we will develop and foster innovative environmental health protection programs for the safety of our residents and their environment.

MISSION STATEMENT:

The mission of the Environmental Services Department is to provide safe food, water, waste disposal and vector borne disease reduction controls to the people of Maricopa County so that they may enjoy living in a healthy and safe community.





Abroad





Carnicerias

Meat Markets



Hispanic Meat Markets



Carnicerias

Meat Markets

Most carnicerias do some or all of the following:

- Retail
- Meat Market
- Bakery
- Eating and Drinking

Maricopa County has close to 250 Carnicerias



Carnicerias

Meat Markets



Some of the challenges:

- What are we looking at?
- What is the process?
- Where do we need to use time/temperature control?
- Where does the Meat Market end and the Bakery or Eating and Drinking stations begin?
- Is cross contamination occurring?



Carnicerias

Meat Markets

Today we will look at some of the more common food items found in a meat market such as:

- Chicarrones and Carnitas (Pork Rinds & Deep Fried Pork)
- Carne Seca and Machaca (Beef Jerky & Shredded Beef Jerky)
- Chorizo and Longaniza (Mexican Sausage)
- Al Pastor
- Ceviche
- The Tortilla Making Process
- TCS Bakery Items



Carnitas & Chicharones

Carnitas and Chicharrones are derived from pork.

The end products are:

- Chicharrones (pork rinds)
- Chicharrones de Pella (pork rinds with meat)
- Manteca (pork fat)
- Carnitas (pork meat and innards)



Carnitas & Chicharrones Equipment





Carnitas & Chicharrones Equipment





Carnitas & Chicharrones Equipment

- Copper kettle:
Should not be
used for making
Salsa or anything
acidic





Carnitas & Chicharrones



What is it? Pork skin-must be purchased from an approved source.

How is it made? Pork rinds are done in a two step process. They are partially deep fried, cooled and then deep fried again in very hot oil to get the skin to crack/pop.

Is it TCS/PHF? Regular meatless pork rinds do not need to be time-temperature controlled even if made onsite.



Carnitas & Chicharrones





Carnitas & Chicharrones





Chicharron de Pella / Chicharrones

Pork Bellies





Chicharron de Pella / Chicharrones

Pork Bellies

Part of the pork belly preparation process is making sure there is as much moisture removed from the pork bellies before being deep fried, otherwise they will be gummy/chewy and not crisp.





Chicharron de Pella / Chicharrones

Pork Bellies

Things to look out for: This process should NOT be done out at room temperature.





Chicharron de Pella / Chicharrones

Pork Bellies

Pork bellies are cut into strips for cooking.





Chicharron de Pella / Chicharrones

Pork Bellies

- Cooking pork belly





Chicharron de Pella/Chicharrones Pork Bellies

The challenge for the business:

- Can't use a steam table
- Can't sell them cold
- Pork Bellies bought from an approved vendor (rendered product) can display them out at room temperature. Reynaldo's and El Rey
- Time as a Control is an option for pork bellies made on site.





Chicharron de Pella/Chicharrones

Pork Bellies





Chicharron de Pella/Chicharrones

Pork Bellies

Caution: If they are made on site and not sold on first day they may be left out at room temperature all night a





Duros



Puffed Wheat Snack



- Duros are a snack made of wheat flour.
- The traditional shape is a rectangle with grooves but wagon wheel shapes are common too.
- Duros puff up when deep fried.
- They are dipped in salsa or sprinkled with chile lime salt
- Not TCS/PHF



Carnitas

Fried Pork

- Clean lard from the pork rinds is used in the cazo/kettle which is heated to a boil. The pork meat along with the innards (snout, tail, liver, ears, etc.) are then deep fried.
- The pork meat is cut into 3-5 lb. chunks.





Carnitas

Fried Pork





Tripas (Small Intestine) and Buche (Pork Stomach)

- Tripas : Small intestines
- Buche: Pork stomach
- Orejas: Ears
- Trompa: Pig snout





Carnitas

Fried Pork

What to look for?

- Amount out on display-Temperature issues
- What happens to the food at the end of the day?

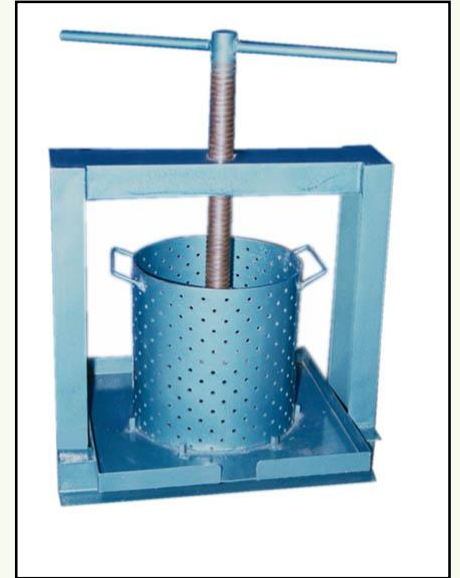




Chicharron Prensado

Pressed Pork Rinds

- Carnitas, especially the product found at the bottom of the kettle, is collected and pressed to make Chicharron Prensado which is then sold by the pound
- This product is TCS/PHF.
- Usually held cold. Need to be careful product isn't held out at room temperature.
- Equipment: Smooth-cleanable surfaces





Boronas & Manteca

Crumbs and Lard

- Lard and the smaller crumbs left over in the kettle once chicharrones and carnitas are made can be packaged and sold- for making tamales, refried beans etc.





Borronas & Manteca

Crumbs & Lard

- Manteca (lard) not considered TCS/PHF
- Borronas are considered TCS/PHF and cannot be out at room temperature.





Boronas & Manteca

Crumbs & Lard





Boronas & Manteca

Crumbs & Lard





Cueritos

Pickled Pork Skin

- Can be held at room temperature if commercially produced-Non PHF/TCS (check for mark of inspection).
- Do they make their own? If so, then the product is TCS/PHF and would require refrigeration or a variance.
- Sometimes operators make their own and refill a commercial container





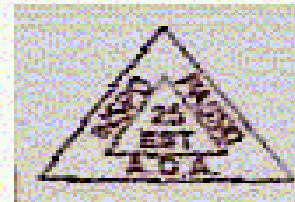
Approved Marks of Inspection

Approved Source Mark of Inspection

U.S.D.A.

T.I.F.

A.D.A.





Carnitas

Fried Pork

- Carnitas can be eaten in tacos, Tortas (Mexican sandwich), or plated and served with rice and beans.





Carne Seca and Machaca



Beef Jerky

This product is dehydrated beef that is sold whole or shredded. It is highly sought after and it is usually very expensive.





Carne Seca and Machaca



Beef Jerky

- Common Approved Processors in Arizona
- Encinas Meats 37
- J.P. Meats 25
- Productos El Ranchero 95

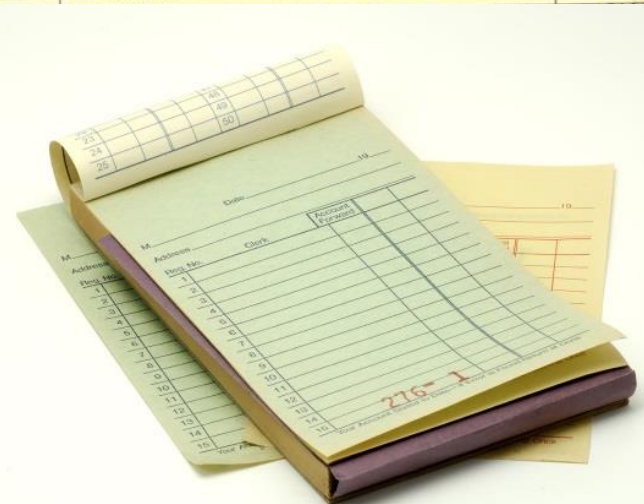
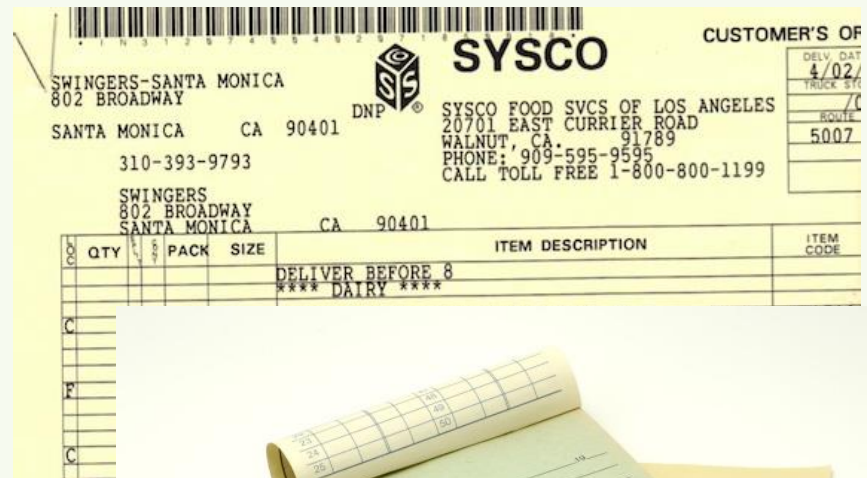
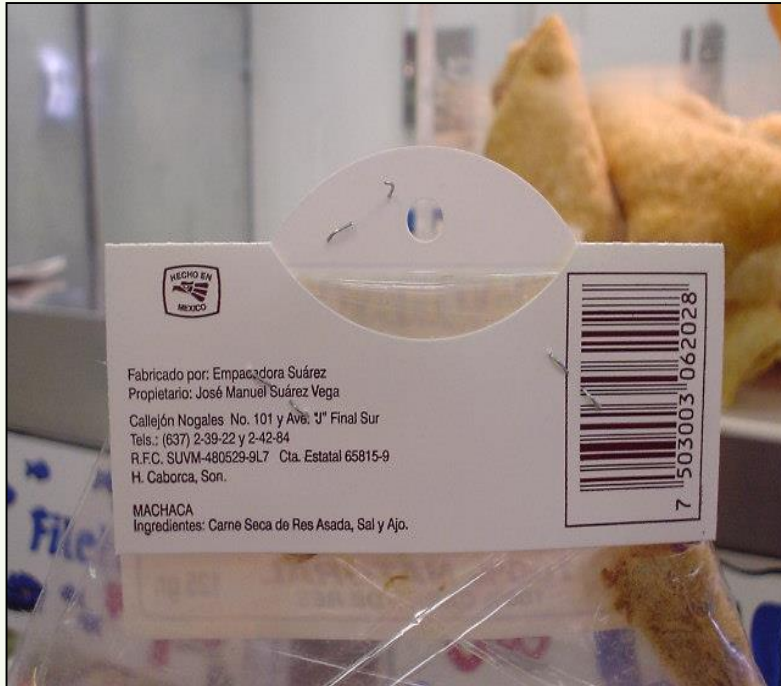




Carne Seca and Machaca

Beef Jerky

- Ask them where they get their machaca from
- Look at receipts, packaging, source, etc.





Carne Seca and Machaca

Beef Jerky

Unapproved Source

Things to look for:

- Zip-Lock bags
- Stapled on labels
- All Spanish labels
- Can be made at home and sold to business-look for people selling out of vehicles





Carne Seca and Machaca

Beef Jerky

Unapproved Source

No English label/ No label at all/ No mark of inspection





Carne Seca and Machaca

Beef Jerky

Making Beef Jerky & Machaca onsite

- If made at establishment, not a violation if controlled with temperature
- Requires a variance/HACCP plan if they want to make it on site and consider it a rendered product



Carne Seca and Machaca

Beef Jerky

Beef Jerky & Machaca made on site

Things to look for:





Carne Seca and Machaca

Beef Jerky

- Machaca is made by taking dehydrated beef steak and shredding it.





Machaca

Beef Jerky

- Machaca burrito & machaca plate





Chorizo/Longaniza

Sausage

- Can be made with pork or beef
- Can be made on site or purchased commercially.
- If made on site the meat is ground in meat grinder and then spices are mixed in.
- Prepared meat can also be placed in casing and aged to make longaniza (sausage).





Chorizo/Longaniza Sausage



- Chorizo and Longaniza are TCS/PHF





Chorizo/Longaniza

Sausage

- Longaniza is a TCS/PHF. It cannot be aged/dried at room temperature.
- It may be purchased from an approved source, taken out of package, and hung in a display case for looks.
- Hanging longaniza can be done in a refrigerated display case.





Chorizo/Longaniza

Sausage



- Aging longaniza can be done in a refrigerated display case.





What You May Find

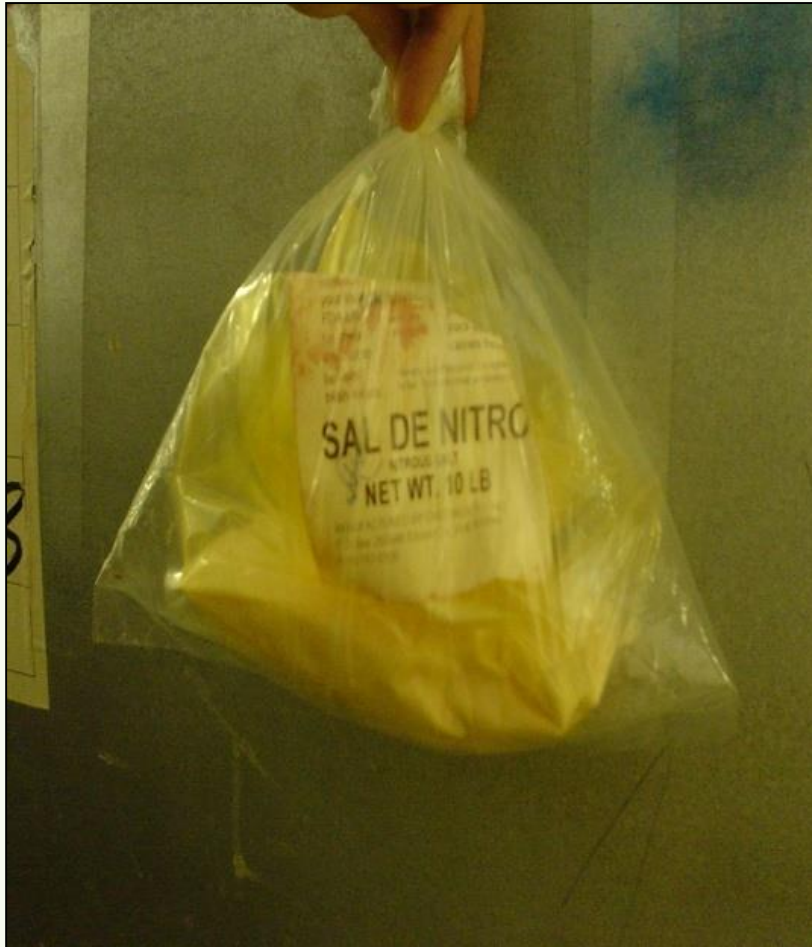
- Nitrate & Sulfite salts may be used for making longaniza





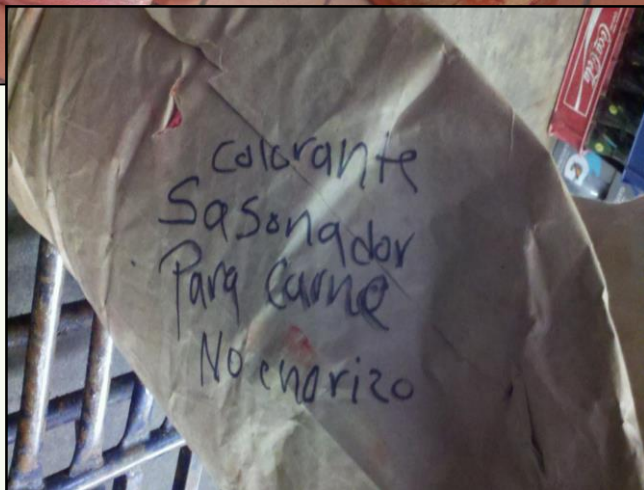
What You May Find

Nitrates and Sulfites are transferred to other containers





Unapproved Color Additives in Carnicerias-Cemix





Chorizo/Longaniza

Sausage



- Longaniza and Chorizo with eggs





Tacos Al Pastor

Shepherd Style Tacos





Tacos Al Pastor

Shepherd Style Tacos

- Based on Shawarma spit grilled meat.
- In Northern Mexico you will hear carne adobada
- In the Puebla Mexico they call them “Tacos Arabes”





Tacos Al Pastor

Shepherd Style Tacos

- Made with thinly sliced pork steaks that are marinated overnight





Tacos Al Pastor

Shepherd Style Tacos

- The “Trompo” is usually assembled the day of use or the night before.





Tacos Al Pastor

Shepherd Style Tacos

- Must be cooked in one continuous and uninterrupted process (remember this is a raw meat product).
- Cooking process for the entire chub may not take longer than 4 hours.
- Spit cannot be turned off.





Tacos Al Pastor

Shepherd Style Tacos

- Once outer portion of chub is fully cooked to 155 degrees the meat can be sliced off for immediate service or for hot holding.





Tacos Al Pastor

Shepherd Style Tacos

- During hours of high demand, Al Pastor meat may require additional cooking on a grill to finish cooking.





Tacos Al Pastor

Shepherd Style Tacos

- Assembled Chubs exposed to cooking must be fully cooked off at the end of the day.
- Trimmed leftover meat should then be properly cooled.
- We do not allow for cooling of assembled whole/partial chubs exposed to heat.





Tacos Al Pastor

Shepherd Style Tacos





Ceviche

Seafood Salad





Ceviche

Seafood Salad

- Raw shrimp marinates in lime juice for about 1.5-2 hours.
- This denatures the protein and appears “cooked”.





Ceviche

Seafood Salad

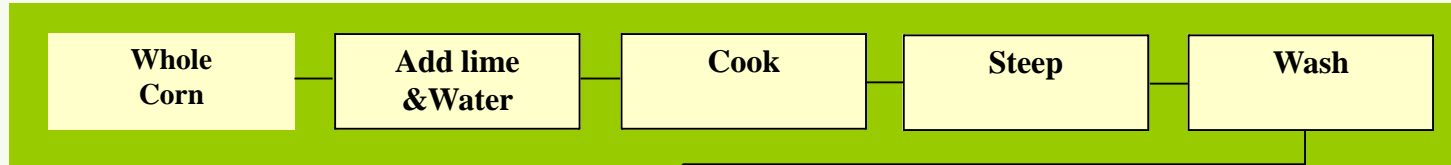




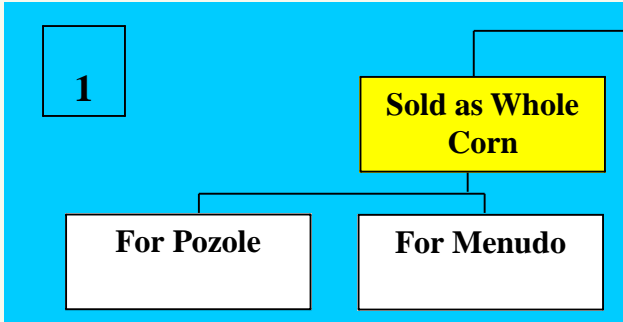
Masa and Tortillas

The tortilla, an unleavened flat bread, was and still is, an important part of the Mexican diet.



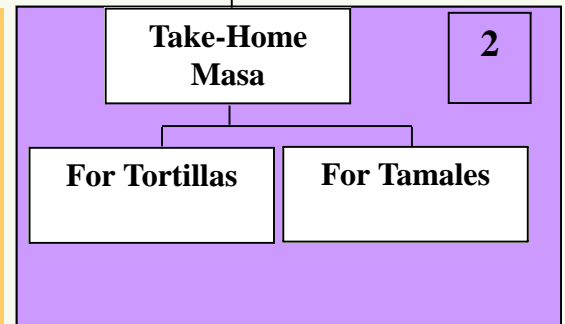
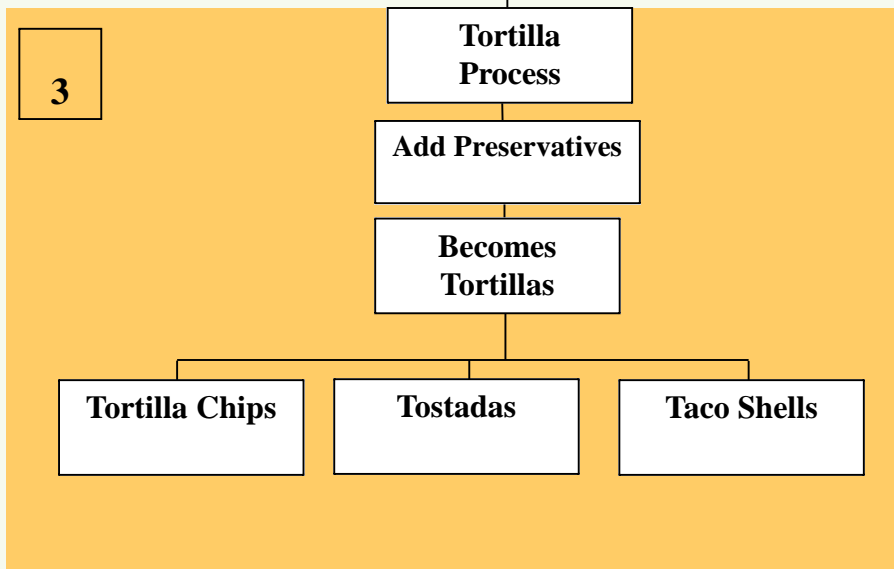


Becomes Nixtamal



Nixtamal is Ground

Masa





Nixtamal





Nixtamal





Nixtamal



- Must use food grade lime.





Nixtamal



- Lime can be added in different amounts to get different results/textures of nixtamal.





Nixtamal

- Corn is cooked for 3-5 hours in large vats.





Nixtamal

- Steeping Process can take up to 8 hours.
- Alkalinity is high.





Nixtamal



- Nixtamal may be sold prior to washing or it may be washed and sold.
- Most of it continues on to be processed.





MASA



- Nixtamal is put into the molino to be ground.





Masa-Making Process

- Washed corn is stone-ground in a “Molino.”
- Grinding stones are housed inside the front part of the molino.





Masa-Making Process

- The wheel-shaped grinding stones become glazed-over after use, and must be de-glazed.
- Sand is run through the machine to roughen up the cutting surfaces of the grinding stones.
- Proper cleaning of the molino removes the sand.
- Grinding stones are periodically replaced.





Masa-Making Process



- Masa is taken from the molino to a mixer, where dough can be mixed to produce an even consistency.
- Preservatives, colorants, flavorings, lard, and corn flour (Maseca) may be added.

- Preservative is added to the masa to extend shelf life of tortillas.
- La Suprema 40 is the preservative being used, and is "GRAS," (Generally Recognized As Safe).
- Make sure the operation uses the correct amount of preservative according to the manufacturer's recommendation.





MASA





MASA

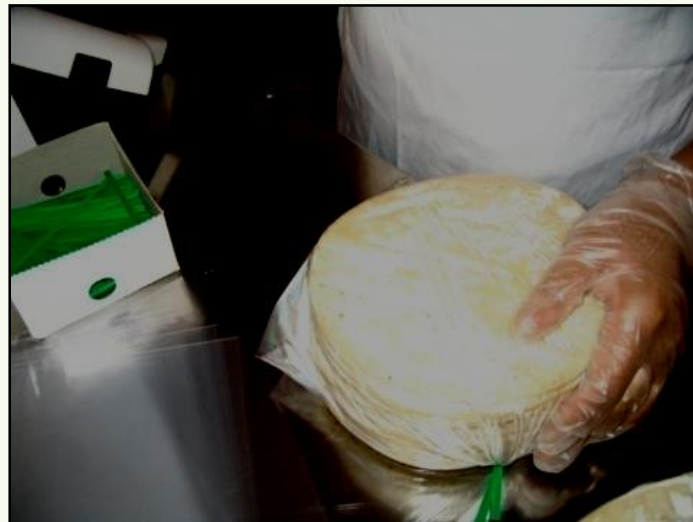


- Masa is added to the tortilla machine hopper, tortillas are cut, put onto hot plates, and cooled through a conveyor system.
- Silicone is used on hot plates.





MASA





Panaderías

Hispanic Bakery Items





Bolillos

Mexican Bead Rolls

- Hard bread rolls that can either be sold whole or sold stuffed.
- Stuffed Bolillos are a PHF/TCS:
 - Cream cheese and jalapenos
 - Chorizo
 - Look for slits in bread for venting
 - Need to adhere to temperature requirements or use time as a public health control





Bolillos

Mexican Break Rolls





Pie de Queso

Mexican Cheese Cake

- It is PHF/TCS and must be time-temperature controlled:
 - *Item is usually held out at room temperature in display cases





Questions?

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