

Food Prep Buying Guide



Can Openers

Choosing the right can opener for your needs is based on the maximum number of cans you open per day, not your average. Manual can openers are used for lower volumes, electric can openers for mid-range, and for heavy volumes you may want to consider the Crown Punches.



Manual Can Openers

Manual or traditional can openers work by punching a narrow blade through the lid and turning the can to remove the lid. They come in slower hand cranked models and durable electric ones.



Crown Punch Can Openers

Crown punch can openers use a circular blade to punch the lid of the can out and remove it in a single motion. Multiple blade sizes are available for opening many can sizes. Manual and electric styles are available.



Can Crusher

Once you've opened and emptied your cans, consider using a can crusher to reduce the volume of your garbage. Can crushers come in manual, air powered and hydraulically powered models, all of which smash empty cans to nearly flat discs.

Caring for your Can Opener

Never sharpen the knife of a manual can opener; they are designed to fold the metal of a can, not cut it.

Replacement blades are available if the performance of the can opener begins to decline.

Electric can openers may have multiple speeds:

- Faster speeds are used for quicker operation
- Slower speeds are for avoiding messes when opening cans of liquid items

Manual models can be completely submerged for sanitation.

Powered crown punches are equipped with removable blades and housing assemblies for easy cleaning.

Can Opener Reference Chart

Model	Opening rate (cans per minute)	Recommended daily use (cans per day)	Important notes
Manual Openers			
S-11 NSF	4-6 cans	up to 50	S-11 is NSF certified and dishwasher safe. Comes apart easily for cleaning.
U-12	4-6 cans	up to 50	Comes apart easily for cleaning. Nickel plated with stainless steel tube.
#1	4-6 cans	up to 50	Nickel plated cast iron.
G-2	4 cans	up to 25	Nickel plated, stainless steel tube.
#2	4 cans	up to 25	Nickel plated cast iron.
Electric Openers			
#201	4-7 cans	25-50	Portable, hand operated. Single speed.
#266	4-7 cans	25-50	Single speed.
#203	4-7 cans	25-50	Two speeds.
#270 NSF	5-8 cans	up to 200	Two speed. Knife and gear are easily removed for cleaning.

Crown Punches			
#700 S/S Manual Crown Punch	6-10 cans	100-200	Removes lid with one stroke. Limited by operator; bolting down will improve operation.
#610 Air-Powered Crown Punch	8-12 cans	200-400	Filtered air and periodic lubrication will extend cylinder life.
#610M	8-12 cans	200-400	Above with magnetic lid remover.
#625 Heavy Duty Air-Powered Crown Punch	8-12 cans	up to 2,000	Heavy duty design for high volume use.
#625M	8-12 cans	up to 2,000	Heavy duty with magnetic lid remover.
#625T	8-12 cans	up to 2,000	Extra tall for large square cans.
#625A	8-12 cans	up to 2,000	Heavy duty with automatic lid removal system.
#825 Automatic Air/Electric System	30 continuous	No limit. Cost effective over 1,500.	Complete automatic can opening system designed for high volume food processors and large central kitchens.

Food Prep Scales

Whether measuring ingredients or portions, having a few accurate scales in your kitchen is a necessity. Which scales you need depend on what you are using the scales for and how precise your measurements need to be.



Baker's Dough Scales

- Baker's Dough Scales are counterbalanced scales most often used for weighing ingredients.
- These scales have few moving parts for greater durability in hard use situations.
- They are easy to sanitize and can be used with wet or dry ingredients.



Portion Control Scales (Digital or Mechanical)

- Portion Control Scales help prevent food waste and profit loss.
- These scales do not need to be certified as legal for trade.
- They should be calibrated for accuracy.
- They have interchangeable platters.
- Digital Portion Control Scales have a tare button to simplify the tare process.
- They can be AC and battery powered while analog scales require no power source.



Label Printing Scales

- Label Printing Scales are intended for use in operations like delis where products are sold by weight. They must be calibrated and certified as legal for trade.
- These scales have built-in printers and can store thousands of PLUs. They can be programmed to print a variety of different facts on the label.
- They have removable platters for easy sanitation.
- Like other digital scales Label Printing Scales have a push-button tare function.

Shipping and Receiving Scales

- Shipping and Receiving Scales are designed for heavy-duty use. Some models can weigh items up to 350 pounds.
- Shipping and receiving scales come in both digital and mechanical models.



Price Computing Scales

- Price Computing Scales must be calibrated and certified as legal for trade.
- Some models come standard with a display tower allowing the customer an easy view of their transaction.



Chef's Knives

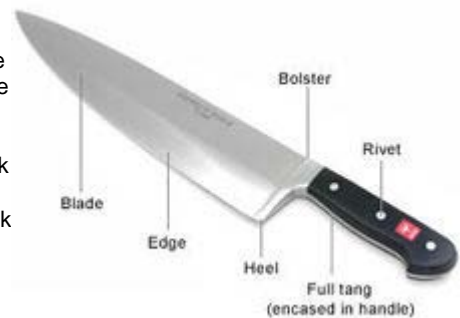
How to Choose the Right Knife

Knife Basics

The blade shape of a chef's knife is perfect for allowing the blade to rock back and forth on the tip when you are chopping, mincing and dicing. It can also be used to cut meat, vegetables, poultry or fish. It is a great all-around, all-purpose knife for most of your kitchen needs.

Knife Parts

- The front of a knife contains the blade, spine, tip, and heel. The blade is the sharp part that does the cutting. The spine is opposite the blade and adds weight and stability.
- The tip of a knife is at the point and is used for cutting small items, making small cuts and opening packages that are impossible to break open with your hands.
- The tang is that piece of metal that extends from the blade to the back of the knife and the handle attaches to. Not all knives have tangs but most of the good ones do. The tang also gives a knife some weight and balance or the knife would be front heavy.
- The bolster is that little collar that separates the blade and the handle. It adds strength, balance and most importantly prevents you from cutting off your finger if the knife slips when cutting. The bolster can run from the spine to the edge or just part way.
- The handle is what you hold on to and can be made out of wood, plastic, composite or stainless steel. You might think a handle is just a handle but since this is what you will be mostly in contact with, it's important the handle feels good in your hand.



Construction

- **Stamped knives** are made from template cutters that are cut into the shape of the knives into flat metal. Stamped knives are lighter but don't have the same quality and balance of forged knives. Due to the lack of density, the stamped knives don't hold edges as well as the forged knives. Stamped knives are usually less expensive.
- **Forged Knives** are hand made through a process of extreme heat and hand molding. Each forged knife is carefully and hand crafted with extreme detail. The tang of the knife merges into the handle and is typically secured by rivets. These knives typically have more weight and thicker bolsters. But with the extra expense, you get a better made, better balanced knife.

What to Consider when Purchasing a Chef's Knife

- **What type of blade?** - There are many types of metal used for making knife blades. Here are a few with advantages and disadvantages:
 - **Carbon Steel** - Very tough and take a great edge but tend to discolor when they come in contact with anything acidic like tomatoes or citrus fruit. They tend to rust if not in use for a while so they must be taken care of to avoid discoloration by being sure to clean and dry them after every use.
 - **Stainless Steel** - They don't rust so taking care of them is a lot less effort. However, what you gain in usability, you lose in edge. They are difficult to keep a good sharp edge.
 - **High carbon Stainless Steel** - The best of both worlds. Tough, holds an edge and they don't discolor. The carbon adds strength to stainless but also more cost.
- Does it have a **full tang or partial**?
- Is the blade **stamped or forged**?
- How **heavy** is the knife in your hand?
- What about the knife's **balance**?
- What kind of **edge** does it have?
- **How long should it be?** - Chef's knives usually come in lengths from 6 inches to 12 inches and are about 1 inch wide. How long it should be depends on what you are going to do with it and how comfortable it feels in your hand.

After spending a small fortune on quality knives, who can blame you if you want to be sure they last a lifetime? Keeping your knives sharp keeps them effective and with a few simple pieces of equipment you can keep your knives in the best possible condition.

Knife Sharpeners

- The knife guide is designed to precisely sharpen both sides of the blade edge.
- Running your knife through the guides aligns the blade with the sharpening grinders that sharpen it.
- Knife steels are used to hone and clean knives. After sharpening a blade, pass it across the steel three or four times in order to remove microscopic metal shavings.
- Shine an overhead light across the edge - the areas you see reflecting light are dull and need sharpening.



Knife Racks

- Use Knife Racks to hold your knives conveniently.
- Racks are designed to keep your knives readily at hand while preserving the points and blades.
- Inserts are available for a variety of different knives.



Knife Sanitation Systems

- Knife Sanitizers - also known as Cutlery Sanitation Systems - are Knife Racks that allow complete submersion of knife blades in cleaning solution.
- These simple time-saving devices preserve the points and blades of your knives while keeping them clean and safe.
- Grinders should be replaced if they seem ineffective which only occurs occasionally.
- Cutlery Sanitation Systems are designed for wall mounting.
- Some models are equipped with drainage tubes for easy filling and emptying of the sanitation tank.



Spiral and Planetary Mixers

Spiral mixers are named after their spiral-shaped dough agitator. The bowl revolves during mixing while the agitator stays in place. Commissaries and bakeries most often use spiral mixers, but medium to large volume pizza operations can also find a spiral mixer useful.



Pros

- Spiral mixers have a sturdy spiral dough agitator that is more effective than traditional beaters or dough hooks when mixing heavy, stiff dough.
- The dough is mixed into a superior mass than planetary mixers.
- Lower resistance on the spirals helps control the temperature of the dough to ensure proper rising and easier kneading.
- Very small batches can be mixed, unlike Planetary Mixers who need downsized bowls and agitators for small batches.

Cons

- Spiral Mixers can **only mix dough** and is ineffective for mixing or whipping.
- These mixers are considered specialized pieces of equipment which will not mix anything but dough.

Planetary Mixers (also called Vertical Mixers) are named after the orbital motion of the dough agitator. The agitator travels in circular orbits along the inside wall surfaces of the mixing bowl while the mixing bowl stays in place. Planetary Mixers are useful to any business which requires versatility from their mixer or will only need to mix dough in smaller batches.



Pros

- Planetary mixers use a variety of mixing attachments which turn on an offset shaft while the shaft rotates around the bowl.
- The broad range of attachments make these mixers highly versatile.
- They can mix, blend, whip and stir all types of mixtures whereas Spiral Mixers can only mix dough.
- Most planetary mixers are supplied with a dough hook, wire whisk, beater blade and stainless steel bowl.

Cons

- Planetary Mixers have smaller capacities and cannot mix as much dough as Spiral Mixers.
- The speed of a Planetary Mixer can be 1/4 to 1/2 slower than a Spiral Mixer.
- Planetary Mixers must use downsized bowls and agitators for smaller batches of dough.

Caring for your Can Opener

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- Electric can openers may have multiple speeds:
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- Manual models can be completely submerged for sanitation.
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