The Quarantine Cookbook

How ANAB assures the safety of the foods that bring us comfort

in celebration of World Accreditation Day 2020: “Food Safety”
2020 has been a challenging year for many of us. The COVID-19 pandemic has tested us in ways that were unthinkable just last year. With many restaurants closed and social distancing measures keeping people indoors, many of us have turned to the kitchen as a source of comfort and normalcy.

Food is intensely personal. It can conjure childhood memories, ground us in our cultural identities, and be a refuge in trying times. For many, preparing food is a way to connect with the important people in our lives, even if they are not physically present.

Now, more than ever, it is neccessary to know that the food we eat is safe. Often, the groceries we buy make the journey from the farm to the table without us giving a second thought as to how we know that what we eat will not make us sick. For World Accreditation Day 2020, ANAB is looking at the systems in place that assure that what you are eating meets the highest standards of quality and safety.

As an illustration, many ANAB and ANSI staff members contributed some of the recipes that have brought us comfort during this difficult time. We hope that you enjoy them and they bring you as much joy as they have brought to us.

- The ANAB and ANSI team
Vegan 16-Bean Chili

Recipe by Samantha Yost, Multimedia and Communications Manager, ANSI

Ingredients

- 1 bag dried Goya 16-Bean Soup Mix
- 1 large onion, diced
- ½ bulb garlic, chopped
- 1 large carrot, diced
- 2 stalks celery, sliced
- 28-oz. can tomatoes
- 13.5-oz. can coconut milk
- ¼ cup oatmeal
- 1 chipotle pepper in adobo sauce, diced
- 1 tablespoon smoked paprika
- 1 tablespoon ground cumin
- 1 stick cinnamon
- 3-4 bay leaves
- Pepper, to taste
- 1 tablespoon salt (or to taste)
- Optional vegetables as desired: bell pepper, corn, mushrooms, potato, parsnip, cabbage, kale, cauliflower

Instructions

Soak beans overnight in a large pot. Change the water and boil with bay leaves and enough water to cover the beans to a depth of half a finger for 30 minutes. Do not drain.

In a separate pan, sauté the onion and garlic in oil of choice. About halfway through, add carrots, celery, chipotle, cumin, paprika and other vegetables as desired. When the onion and garlic are deep brown, add tomatoes to deglaze pan, and transfer to pot with beans.

Add cinnamon, coconut milk, salt, and pepper and simmer for 20 minutes. Add oatmeal to thicken and simmer an additional 7 minutes. Serve with bread.

Water is important

ANAB accreditation programs play a vital role supporting the EPA regulations that require community water systems to conduct monitoring for compliance with the drinking water standards.

They also support the U.S. Safe Drinking Water Act (SDWA) and the requirements of the National Primary Drinking Water Regulations (NPDWR) (40 CFR 141).
**Grilled Caprese Sandwich**

**Ingredients**
- ½ cup balsamic vinegar
- 4 slices bread of choice
- 1 large tomato
- Fresh basil leaves
- 8 oz. fresh mozzarella, sliced
- Salt and pepper, to taste

**Instructions**
Bring balsamic vinegar to a boil and lower to a simmer until it has reduced to about 4 tablespoons.
Drizzle inside of bread with olive oil and vinegar reduction. Assemble the sandwich with tomato, basil, and mozzarella. Sprinkle with salt and pepper to taste.
Place sandwich in panini press or grill pan. Cook for 4-5 minutes or until cheese is melted. If not using panini press, flip halfway through to grill evenly.
Makes 2 sandwiches

Recipe by Evelyn Nash, Manager of Accreditation, Credentialing Programs, ANAB

**The raw deal**
The most common foodborne pathogens—such as E. coli and listeria—often come from eating raw or undercooked meat and produce and unpasteurized dairy.

To protect consumers against foodborne pathogens, ANAB is recognized by the U.S. Food and Drug Administration (FDA) as an accreditation body under the Food Safety Modernization Act, for which ISO/IEC 17021-1 and/or ISO/IEC 17065 are base requirements.

Because food safety hazards can be introduced at any stage of the food chain, ISO 22000 and FSSC 22000 specify requirements for a food safety management system that combines interactive communication, system management, prerequisite programs, and HACCP principles to ensure food safety along the entire food chain.
Grandma's Ohio Apple Crumble Pie

**Ingredients**
- 3 lbs. Granny Smith apples
- 2 cups sugar
- 2 tablespoon flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoon lemon juice
- 2 refrigerated or frozen pie crust

**Crumble topping**:
- 1 cup flour
- 2 cups oatmeal
- ¼ cup brown sugar
- 1 cup butter, melted

**Instructions**

Peel, core, and slice apples. Combine sugar, flour, salt, cinnamon, then toss with apples. Sprinkle with lemon juice, toss. Place mixture into pie shells.

Combine all crumble topping ingredients and sprinkle over pie filling. Bake at 375°F for 45–60 minutes, or until edges start bubbling.

Makes 2 pies

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**A fruitful partnership**

Granny Smith apples give baked goods a distinctly delicious, tangy flavor, and their high acidity means they hold their shape well when cooked.

Grown all around the world, your Granny Smiths may come from Canada, where ANAB accredits the CanadaGAP™ certification for safely producing and handling fresh fruits and vegetables. This certification is benchmarked by the Global Food Safety Initiative (GFSI).
Southern Pound Cake

**Ingredients**
- 1 cup butter
- 3 cups sugar
- 6 eggs
- 3 cups flour, sifted
- ½ pint whipping cream
- 1 teaspoon vanilla or lemon extract

**Instructions**
- Cream butter with mixer and add sugar gradually. Add eggs one at a time and mix on low until incorporated.
- Add flour and cream alternately to mixer bowl, beginning and ending with flour, mixing on medium until each ingredient is incorporated.
- Prepare tube pan or Bundt pan with butter and dust with flour, so cake will not stick to the sides.
- Pour into prepared pan. Place into cold oven. Set at 300°F and bake for 1½ hours.
- Cool slightly before removing from pan.

Recipe by Kelly Feist
Senior Manager of Accreditation - Management Systems, ANAB

**All your eggs in a safe basket**

Eggs are a food item commonly tested by food safety laboratories accredited by ANAB.

Chemical and microbiological testing of food is built on the requirements of ISO/IEC 17025:2017 and the AOAC International Guidelines for Laboratories Performing Microbiological and Chemical Analyses of Food, Dietary Supplements, and Pharmaceuticals.
Vietnamese Egg Rolls (Chả Giò)

Recipe by Kimberly Nguyen, Communications Associate, ANSI

**Instructions**

Place glass noodles into hot water until they soften.

Combine pork, carrot, glass noodles, fish sauce, onion, salt, and black pepper in mixing bowl (exact measurements not important but ingredients should look evenly mixed).

Prepare wrapper. If using egg roll wrappers, break the egg yolk and brush to seal. If using rice paper, prepare a bowl of water to wet the rice paper with and seal. The wrapping should be done tightly enough that air bubbles do not form inside the egg roll, but not so tightly that the eggroll can break.

Deep fry egg rolls and serve immediately.

To eat with vermicelli salad, mix vermicelli, cucumber, cilantro, and mint in desired proportion. Add eggrolls. Drizzle nước chấm to taste.

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**Ingredients**

- 1 lb. ground pork
- 1 carrot, shredded
- 1 packet of glass noodles
- 3 tablespoons fish sauce
- Small onion, chopped
- 1 pinch salt
- Freshly ground black pepper (to taste)
- 1 package of egg roll wrappers (or rice paper instead)
- 1 egg yolk (if using egg roll wrappers)

**Vermicelli rice salad:**

- Vermicelli noodles
- Cucumber
- Cilantro
- Mint
- Nuóc chấm

**Nuôc châm**

- 2 parts fish sauce
- 2 parts sugar
- 7 parts water
- Lime to taste

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**Sounds fishy**

Fish sauce is a staple in Eastern and Southeastern Asian cuisine, made from salted, fermented fish such as anchovies.

Many of these fish come from aquaculture, and ANAB accredits certifiers of hatcheries, farms, processing facilities, and feed mills under the Best Aquaculture Practices standard, developed by the Global Aquaculture Alliance.
Mississippi Pot Roast

**Ingredients**
3-4 lbs. boneless chuck roast (your choice of cut)
1 stick (8 tablespoons) butter
1 package Au Jus Gravy mix
1 package dry ranch dressing mix
1 cup pepperoncini peppers
Salt and fresh ground pepper, to taste

**Instructions**
Salt and pepper meat, lightly sear, and place in a slow cooker. Add the au jus gravy and ranch dressing mix to top of roast, place butter on top of mixture, and add pepperoncini peppers (add juice if desired).

Cook on low for approximately 8 hours until tender. Cool slightly before removing from pan.

Recipe by Lane Hallenbeck
Executive Director, ANAB

What is your food eating?
It’s easy to think about the freshness of the meat or dairy you purchase at the grocery store, but how often do you consider what the animals themselves are eating?

ANAB offers accreditation for management systems certification bodies for FAMI-QS, a preeminent global Quality and Feed Safety Management System for the sector of Specialty Feed Ingredients. The FAMI-QS Code addresses safety, quality, and regulatory compliance of specialty feed ingredients.

In addition, ANAB accredits laboratories performing chemical and/or microbiological analyses on feed products and pet foods under the AAFCO Feed Testing Laboratory Accreditation Program.
Curried Carrot Peanut Soup with Broccoli

Recipe by Penny Gamache, Communication Manager, ANAB

Ingredients
- 1½ lbs. carrots, sliced
- 5 cups chicken broth, divided
- 2 cloves garlic, minced
- ¼ cup creamy peanut butter
- ½ cup finely chopped onion
- 2 teaspoons curry powder
- ½ cup long grain white rice
- 2 cups small broccoli florets

Instructions
Bring carrots to boil in 3 cups of broth; simmer uncovered until very tender, about 30–35 minutes. Purée in blender.

Return purée to pan and stir in 2 cups stock, garlic, peanut butter, onion, curry powder, and rice. Cover and bring to boil; reduce heat and simmer 30–40 minutes until rice is tender.

Add broccoli and cook another 3–5 minutes until tender. Season with salt and pepper to taste.

Some international flavor
Food safety is important, not only for food produced in the United States, but internationally as well.

International Featured Standards (IFS), a Global Food Safety Initiative (GFSI)-benchmarked Food Safety Certification Scheme, brings a range of food safety, quality, food, and food contact related standards to the international market, including the North American market.

In addition, PrimusGFS is GFSI-benchmarked certification scheme covering good agricultural and manufacturing practices as well as food safety management systems.
Robert’s Gumbo

Recipe by Patty Nuñez,
Manager of Accreditation - Management Systems, ANAB

**Ingredients**

- ½ cup oil or other cooking fat
- ½ cup flour
- 2 cups combined diced onions, celery, and bell pepper
- 3 cloves garlic, pressed or diced
- 14-oz. can diced tomatoes
- Creole seasoning mix
- Crawfish, crab claws, canned crab, shrimp, spicy sausage, and/or fish to taste

**Instructions**

In a frying pan, sauté the garlic and diced vegetables until translucent.

In a separate large pot, create a roux by heating the oil/fat over medium heat in a large saucepan. Add the flour, which should foam. Stir constantly so mixture doesn’t burn until it turns deep brown.

Add sautéed vegetables, tomatoes and 3 cans of water. Mixture will thicken as it heats up.

Add Creole seasoning, being careful not to add too much as it gets spicier as it cooks. Simmer for about 2 hours, tasting the broth at half-hour intervals and adjusting the seasoning as desired. In the final hour of cooking, add desired seafood.

Serve as a soup or with rice.

**Thirsty staple crops**

Rice is one of the most important staple crops in the world, but is also one of the most water-intensive to produce. In fact, it takes an average of 2,500 liters of water just to produce one kilogram of rice.

GLOBALG.A.P. standards are primarily designed to reassure consumers about how food is produced on the farm by minimizing detrimental environmental impacts of farming operations, including reducing water usage.

The GLOBALG.A.P. standards are GFSI benchmarked, and ANAB provides accreditation services to product certifiers for GLOBALG.A.P. certification programs.
Cheesy Potato Casserole

Recipe by Renee Tezak
Senior Coordinator - Management Systems, ANAB

**Ingredients**
32 oz. bag frozen diced hash browns
1 can cream of chicken soup
16 oz sour cream
2 cups shredded sharp cheddar cheese
1 stick butter
2 cups corn flakes

**Instructions**
Preheat oven to 350°F. Mix hash browns, cream of chicken soup, sour cream, and cheddar cheese. Spread into a greased baking pan.

In a separate bowl, mix melted butter and corn flakes. Use to top casserole and bake uncovered for one hour.

**Ethical Sourcing**
ANAB offers accreditation for two Safe Quality Food Institute (SQFI) Ethical Sourcing (ES) Certification Standards. Ethical Sourcing (ES) Edition 2.1 is a social, environmental, and occupational health and safety management system for the food industry.

Fundamental Factors for Social Responsibility (F2SR) covers social and occupational health and safety management system requirements for manufacturing and service organizations of all types.
Restaurants and Retailers

It’s not just your home kitchen.

Whether eating out is a rare treat or you order food from a restaurant daily, eating out is still an important part of most people’s lives. ANAB helps protect your safety, not just in your home kitchen, but in restaurants and retailers as well.

The ANAB-Conference for Food Protection (CFP) accreditation was implemented in 2002 and is based on the CFP Accreditation Standards. It indicates that the certification organization has been evaluated by a third-party and meets or exceeds all of the Conference-established standards to issue food protection manager certifications.

ANAB also accredits organizations to the ASTM E2659 standard for food-handler training courses. Seven states—Arizona, California, Hawaii, Illinois, New Mexico, Texas, and West Virginia—and local jurisdictions require that food handlers have a certificate from an ANAB-accredited organization.

In addition, the British Retail Consortium (BRC) has developed a set of standards for retail suppliers and other users. Management and implementation control of the BRC standards is established through ANAB accreditation of product certification bodies to ISO/IEC 17065.
For more information on ANAB’s food safety initiatives:

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