Questions and Motives

- Brief survey and explain what brought you here.
- List what you are hoping we will cover today.
- Give “best educated guess” on questions you are unsure of.
Hands On Seminar

Steps to safely turn this:

Into a healthy meal:
Good Reason to be Alarmed

76 Million Ill
323,000 Hospitalized
5,200 Deaths

Raw Chicken Health Risks- CBS News

http://www.cbsnews.com/video/watch/?id=228437n
The Five "C"s of Cooking

- Choosing Food
- Cross Contamination
- Cleaning – Hands and Work space
- Cooking Food
- Chilling and Storage
Choosing Food

- Look for “Use by” date for quality
- Look for well wrapped items
- Bag raw meats separately
Avoid Cross Contamination

From the store

In the fridge

In the work area

(Note the meat ABOVE the vegetables! )
What about hand sanitizer?
Interruptions During Food Prep

- Phone rings
- Friend at the door
- Studying while cooking
- After the bathroom
- Petting an animal

OTHER TIMES:
- Before starting
- Raw eggs
- Handling garbage
“Mise en place” = everything in it’s place
Read through the recipe
Cutting board, knives, pans, measuring tools, herbs and spices, oil
No need to rinse, blot with paper towel

http://www.rachelrayshow.com/show/segments/view/q-ray-should-you-rinse-packaged-chicken/
1. Pick up debris and wipe up liquid with paper towel.

2. Spray all items used:
   - counters
   - cutting board
   - knives (handle too!)
   - sink
   - faucet handle
   - soap dispenser

3. Allow product to stand for time stated on label. (If 30 sec, sing “Happy Birthday” when you start spraying)

4. Wipe with clean paper towel or air dry.
What’s the Difference?

- **Cleaning** – Removing dirt and soil with soap and water.

- **Sanitizing** – Removing certain bacteria so that the number of germs is reduced to such a level that the spread of disease is unlikely.
Cooking Food

- Chicken
  165˚(74C)
- Ground Beef
  160˚(71C)
- Beef Steaks
  145˚-160˚?(63-71C)
- Pork Chops
  160˚(71C)

Hot or Cold, No Lukewarm
Bacteria can grow rapidly when left at “Room temp” - when cooked food temp drops below 135 ° or chilled food temp rises above 41 °.

Temperature above 150° (65.5) kills bacteria

“Danger Zone”
Temperature between 135°-41° (57-5C) bacteria can grow

Temperature below 41° (5C) bacteria are dormant, but not dead
Temperature Tips

1. Having a party? Use ice trays and crock pots to keep food at correct temperature.

2. Shop with a cooler on hot days

3. Thawing – fridge, microwave or cool water, NO Counters!

4. Put leftovers away quickly

5. Check fridge temp – 41° (5C) or colder
Chilling and Storage

Meat should be kept at 41° (5°C) or colder at all times!

Things to consider:
- Transporting from store, home
- Fridge Temp
  - doors VS interiors
  - dorm VS full size
Leftovers

Dinner and a movie?

Cool quickly

- Get it in the fridge fast! 1-2 hrs after cooked
- Divide large portions into smaller
- No hot foods into the fridge
- Freezing lasts longer!
  
  2 days VS (up to) 60 days
Avoid the Enemies: Air and Moisture

- Sloppy Wrapping

- Containers
  - Oversized
  - “Recycled” food containers
  - Seal up the smelly stuff!
Track those leftovers!

Spoilage VS Food borne Illness

- Sniff test?
- Slimy luncheon meat
- Change of color
What are the Food Follies?

- Choosing Food
- Cooking Food
- Cleaning
- Chilling and Storage
- Cross Contamination

http://www.flyonthewall.com/FlyBroadcast/FS/A/BacteriaBiteBusiness/
Don’t be Fooled by this Foul Fowl!

This beautiful bird may make you sick if not handled with care!
Follow these rules to avoid food follies.