



Let's Eat!

Food Safety!

Summer 2003

Some Facts And Tips Regarding The Safe Handling Of Food

Ted Can Cook Too! LLC

Personal Chef Services
Let Chef Ted turn YOUR
Kitchen into the best
restaurant in town!
732-239-3014



Relax! Enjoy!!

Chef Ted Kanterman



732-239-3014
Ted@tedcancook.com
<http://www.tedcancook.com>
Personal Chef Service
Private Dinner Parties
Interactive Dinner Parties
In-Home Cooking Classes

Time and temperature are critical factors ensuring that food (cooked or raw) remains in a safe-to-eat state!

THE DANGER ZONE (40 °F-140 °F)

Bacteria grow most rapidly in the range of temperatures between 40 ° and 140 °F, doubling in number in as little as 20 minutes. This range of temperatures is often called the **DANGER ZONE**. That's why the Meat and Poultry Hotline advises consumers to never leave food out of refrigeration over two hours. If the temperature is above 90 °F, food should not be left out more than one hour.

COOKING

Raw meat and poultry should always be cooked to a safe internal temperature. Temperatures (160 ° to 212 °F) reached in baking, roasting, frying and boiling will destroy bacteria that can cause foodborne illness.

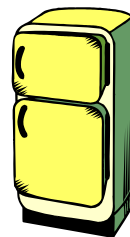
When roasting meat and poultry use an oven temperature no lower than 325 °F. Cook ground meats (beef, veal, lamb, and pork) to an internal temperature of 160 °F, and ground poultry to 165 °F. Steaks and roasts cooked to an internal temperature of 145 °F are medium rare, 160 °F are medium, and 170 °F are well done. For doneness, poultry breast meat

should be cooked to an internal temperature of 170 °F; 180 °F for whole birds. Use a meat thermometer to assure that meat and poultry have reached a safe internal temperature.



If raw meat and poultry have been handled safely, using the above preparation recommendations will make them safe to eat. If raw meats have been mishandled (left in the **Danger Zone** too long), bacteria may grow and produce toxins which can cause foodborne illness. Those toxins that are heat resistant are not destroyed by cooking. Therefore, even though cooked, meat and poultry mishandled in the raw state may not be safe to eat even after proper preparation.

STORING LEFTOVERS



One of the most common causes of foodborne illness is improper cooling of cooked foods. Because bacteria are everywhere, even after food is cooked to a safe internal temperature, they can be reintroduced to the food and then reproduce. For this reason leftovers must be put in shallow containers, for quick cooling and refrigerated within two hours.

REHEATING

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly. Follow manufacturer's instructions for stand time for more thorough heating. In the absence of manufacturer's instructions, at least a two minute stand time should be allowed.

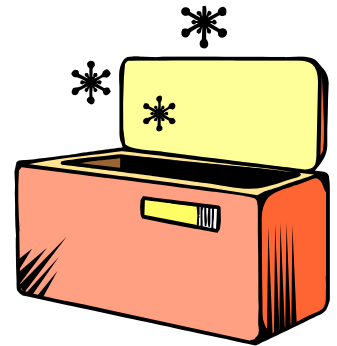
Meat, poultry and fish are sometimes soaked in a mixture of vinegar or wine and oil with various spices and herbs before cooking. The uncooked meat in the marinade is highly perishable. Here are guidelines to marinate meats safely:

- Always marinate meat, poultry and fish in a covered container in the refrigerator
- Do not marinate more than 24 hours
- Discard any leftover marinade

COLD STORAGE TEMPERATURES

Properly handled food stored in a freezer at 0 °F will always be safe. Freezing keeps food safe by slowing the movement of molecules, causing bacteria to enter a dormant stage. Once thawed, these bacteria can again become active and multiply to levels that may lead to foodborne illness. Because bacteria on these foods will grow at about the same rate as they would on fresh food, thawed foods should be handled as any other perishable food.

A temperature of 40 °F should be maintained in the refrigerator. In contrast to freezer storage, perishable foods will gradually spoil in the refrigerator. Spoilage bacteria will make themselves known in a variety of ways. The food may develop an uncharacteristic odor, color and/or become



sticky or slimy. Molds may also grow and become visible. Bacteria capable of causing foodborne illness either don't grow or grow very slowly at refrigerator temperatures. A refrigerator/freezer thermometer should always be used to verify that the temperature of the unit is correct.

Safe food-handling practices are a good defense against foodborne illness. Because we know how different temperatures affect the growth of bacteria in our food, we can protect ourselves and our families from foodborne illnesses by proper handling, cooking and storing foods at safe temperatures.

Source: Food Safety & Inspection Service, USDA



All day. Every day.

Chef Ted Is ServSafe Certified

Continued Summer Savings!

Through the month of August,
you can schedule a complete

**Personal Chef Service (20 or 24 meal package)
at a \$50 discount!**

Contact Chef Ted today!

732-239-3014

What's For Dinner? — No Problem!

New clients only. Cannot Be Combined. Geographic restrictions apply.
