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cal<sup>fresh</sup> Nutrition Education

# UC FOOD SAFETY CE UPDATE

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Source:

[www.fightbac.org](http://www.fightbac.org)

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## Food Safety Practices and Cookbooks

Safe steps in food handling, cooking, and storage are a must in preventing foodborne illness. You cannot see, smell, or taste harmful bacteria that may cause illness. Follow the four core practices to keep food safe in every step of food preparation.

- **Clean** — Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.
- **Separate** — Don't cross-contaminate. Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.
- **Cook** — Cook to the right temperature. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.
- **Chill** — Refrigerate promptly. Bacteria spreads fastest at temperatures between 40°F and 140°F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.



For more information on the four core practices go to:  
<http://www.fightbac.org/food-safety-basics/the-core-four-practices/>



When you are in your kitchen preparing a meal, food safety is something you keep in mind. But what about when you are reading and following a cookbook recipe?

While the dish might be quite tasty if you follow the recipe exactly, you might be setting your family up for a case of foodborne illness.

Read on for the food safety mistakes made most often in cookbooks.

# Cookbook Food Safety Mistakes

## → Rinse the chicken inside and out.

**No, never!** Rinsing the chicken or any raw meat can splash pathogen-filled water around your kitchen giving you more cleanup and risking cross-contaminating something else. Just put the chicken or meat directly into the pan or marinade (and if you want to re-use the marinade as a sauce, reheat to a rolling boil first or set aside extra marinade before it touches raw meat and use that as a sauce).

## → Cook the chicken for 10 minutes a side.

But, how will you know it's done? You have to use a digital meat thermometer to make sure your chicken has reached 165°F.

## → The chicken is done when the juices run clear or sauté until browned.

Again, the chicken is safe to eat at 165°F. Color is not an indicator of doneness.

## → Cook burgers until rare or medium or anything other than 160°F.

Burgers are safe to eat when the internal temperature is 160°F. Use a digital meat thermometer or pick up the one-time use safe burger sticks at the meat counter of your grocery store.

## → Using raw eggs in frostings, salad dressings, and sauces or suggesting runny-yoked fried eggs or wet omelets.

You know better. If you can't imagine Caesar salad dressing without the raw egg, buy pasteurized eggs. They are also a good option, if you can't resist tasting cake batter or cookie dough or like your eggs soft boiled.

Source: *Center for Foodborne Illness Research & Prevention*

Cooking Chart		
Product	Type	Minimum
Beef, Pork, Veal & Lamb	Ground	160°F
	Steak, chops, and roasts	145°F and allow to rest for at least 3 minutes
Chicken & Turkey	Breasts	165°F
	Ground, stuffing, and casseroles	165°F
	Whole bird, legs, thighs, and wings	165°F
Eggs	Any type	160°F
Fish & Shellfish	Any type	145°F
Leftovers	Any type	165°F
Ham	Fresh or smoked (uncooked)	145°F and allow to rest for at least 3 minutes
	Fully cooked ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140°F and all others to 165°F.