

The Cedar Culinary

News that's good enough to eat!

VOLUME 2, ISSUE 2

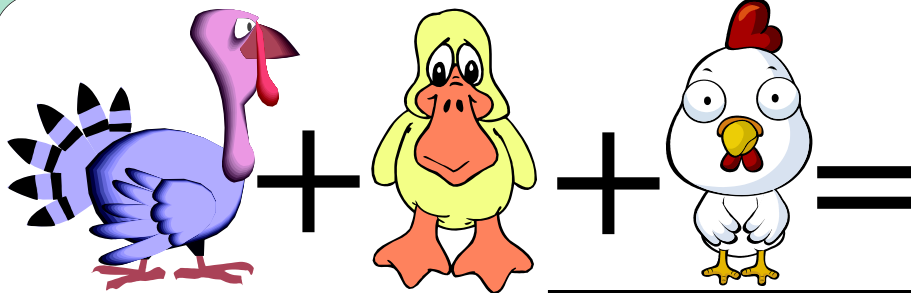
FEBRUARY 2010

CEDAR COUNTY
ENVIRONMENTAL
HEALTH &
ZONING
DEPARTMENT

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*"I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking."
-Andy Rooney*



The "Turducken" is a deboned stuffed chicken inside a deboned stuffed duck inside a deboned stuffed turkey. The name is comprised of syllables from the words "turkey," "duck," and "chicken." Usually the tip end of the turkey leg bones and the first two wing joints are left on the turkey, so that after assembly, the finished product resembles a whole turkey.

Alternatively, the finished turducken can be a completely boneless roll with stuffing layered between each bird. To serve, the roasted turducken is sliced crosswise so that servings consist of all the layers.

The idea for this multilayered, deboned fowl came from Louisiana where thousands of them are commercially prepared yearly. The origin of this dish goes back centuries but most recently has been traced back to "Herbert's Specialty Meats" in Maurice, Louisiana. Herbert's has been commercially producing turduckens since 1985, when an unknown local farmer brought in his own birds and asked Herbert's to prepare them in the now-familiar style. The company prepares around 5,000 turduckens per week around Thanksgiving time.

Even more precaution must be taken when preparing a turducken at home, for you are handling not one raw poultry game but three. Keeping the fowls cold is an important part of the safety of your birds.

Turduckens can be prepared at home with much work and effort, but many people choose to order one through the internet. When doing so, make sure that your turducken arrives frozen in a cold source inside an insulated carton. If the turducken arrives warm, notify the company. **Do not use the product.**

If you are brave enough and have the patience to prepare a turducken at home, just type "turducken" into any internet search engine and you will find several sites that tell you how to prepare a turducken. Since it is a very intricate process, several sites also show you step by step video images of how to prepare a turducken in your home.

TURDUCKEN TIME!

Cedar County Courthouse Phone: 563-886-2248 Office Hours: 8 A.M.- 4 P.M.
400 Cedar Street Fax: 563-886-2103
Tipton, Iowa 52772 E-mail: tvoss@cedarcountry.org or e&z@cedarcountry.org

Valentine's Day: Takeout

When the holidays hit, many people start thinking about going out to eat, making a nice dinner or getting takeout for home. For Valentine's Day many couples think "takeout for two." When ordering takeout, several considerations must be kept in mind to make sure that your romantic evening ends in the bedroom and not the bathroom.

Always remember to keep hot foods hot and cold foods cold. If you are planning to eat the food right away, you don't have to really worry about this, but if you are surprising someone or have to wait a bit before eating, take some extra steps to make sure your food stays safe and in good quality.

Place hot foods either in a warmer, the oven or microwave to help seal in the heat. If it doesn't feel warm/hot to the touch when serving, make sure to warm the food back up to 135 degrees or hotter.

If you have cold foods, place them into fridge until you are ready to eat. After eating the cold food make sure to place the leftovers back in the fridge to ensure the quality of the food.

Many people look to seafood or oysters when a romantic evening is planned. Seafood is a health dinner option but also one that needs

special precautions to ensure your safety. Seafood is best consumed on the same day of purchase. If you know it will be awhile before you get home after buying it, take a small ice pack for the car and never leave the food in the car.

When shopping for oysters (the aphrodisiac food) don't pick out ones that are cracked or broken. Do a "tap test" on live oysters. The shell should close up when the shell is tapped. If they don't close when tapped, do not select them.

Once home with your oysters, it is recommended that you remove the outer paper wrap and lightly cover them with plastic wrap in the coldest part of your fridge. You may place some ice cubes upon the plastic wrap if you do not plan to eat them that day. Do not allow water or ice to touch any seafood directly.

If you choose to cook your oysters, watch for their shells to open, this means they're done. If they don't open throw them away. Do not freeze any seafood, as quality will always deteriorate once the product is thawed.

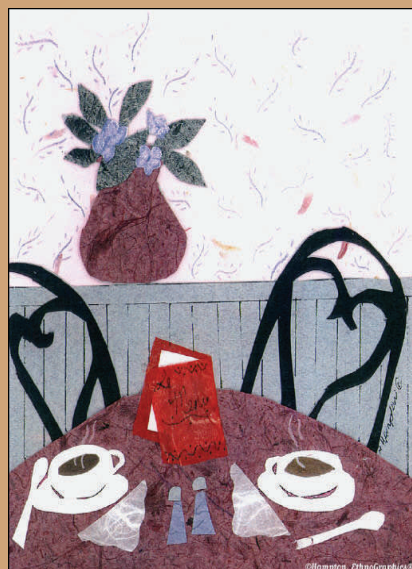
No matter what your dinner of choice, always remember safety first and enjoy your Valentine's Day right.

Refrigerator Storage at 40F or Below

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Luncheon Meats	3 to 5 days
Egg, tuna and macaroni salad	3 to 5 days



**"I was 32 when I started cooking; until then, I just ate."
-Julia Child**



Opening Soon! Mill Creek Café

A new style of restaurant is coming to Clarence, Iowa soon. The owners of Mill Creek Café at 517 Lombard Street in Clarence is working hard to make its debut in February.

With a simple menu of home-cooking, it is a surprising change to the pizza and other fast-food options in town. Serving up only lunch for now with a soup, salad and sandwich, they are depending on their customers to finalize their menu for them.

"We will be trying out a couple of things to see what sells best for right now," commented Jamie Wilhour, co-owner of the establishment

along with Marcia Syring.

Formerly the B&B Bakery Café, the Mill Creek Café building has been completely revamped and redone. With room to seat 50 people, the café is sure to be packed everyday for the lunch rush.

The ladies pride themselves with fresh ingredients and home-style cooking and preparation.

So if you are looking for a good soup, salad and sandwich at more than reasonable prices, look no further than Mill Creek Café in Clarence, Iowa opening soon!

Diabetic Recipes: Low-Sugar Choc. Choc. Chip Cookies

Makes 3 dozen; 50 calories per serving

Ingredients

- 1/2 cup (1 stick) butter or margarine, softened
- 1/4 cup sugar; or granulated sugar substitute to equal 1/2 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour

- 3 tablespoons Hershey's Cocoa
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 2 tablespoons skim milk
- 1/3 cup Hershey's mini chips Semi-Sweet Chocolate

Directions:

Heat oven to 375 degrees. In medium bowl, beat butter, sugar or sugar substitute until well

blended. Add egg and vanilla; beat well. Stir together flour, cocoa, baking soda and salt; add alternately with milk to butter mixture, beating until well blended. Stir in small chocolate chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake 7 to 9 minutes or just until set. Remove from cookie sheet to wire rack. Cool completely. Enjoy!

FEEDBACK WELCOMED

This is the second installment of our new county newsletter and we would like your help as the reader in letting us know what you liked and disliked in this issue. Ideas, topics, points of interest or areas of focus are welcomed for future issues. Questions about any of the stories within this issue or suggestions for future newsletters should be submitted to the Health Department at 563-886-2248 or email us at tvoss@cedarcountry.org.

Kids Corner: Coloring

