

The Cedar Culinary

News that's good enough to eat!

VOLUME 1, ISSUE 1

JANUARY 2010

CEDAR COUNTY
ENVIRONMENTAL
HEALTH &
ZONING
DEPARTMENT

INSIDE THIS ISSUE:

- Restaurant 2
Spotlight
How does 2
your favorite
restaurant
measure up?
Diabetic 3
Recipe
Cutting 3
Calories
Food Safety 3
Quiz
Feedback 3

*"I didn't fight
my way to the
top of the
food chain to
be a
vegetarian."*

-Anonymous



Super Bowl XLIV

Tips for Making Your Football Celebrations Safe and Fun

Many of us just got done celebrating the Iowa Hawkeyes big win at the 2010 Orange Bowl and with Super Bowl XLIV coming up on February 7, it's time to think of ways to make the next celebration both fun and safe.

Millions of Americans spend their weekend afternoons at home with friends and family cheering on their favorite team. And where there are people, you're sure to find food. So preparing and keeping food safe is key to protecting your guests from food borne illness.

Football has the two-minute rule, food has the two-hour rule. Though football games can last all afternoon and parties go into the night, food can only safely stay sitting out at room temperature for two hours. Allowing food to sit out longer than this will allow bacteria to begin to grow in your food, which could cause illness to you and your friends.

Before the food makes it to the table, remember to wash hands often when preparing the food, separate raw meats to keep from

causing cross-contamination, use separate cutting boards for meats and veggies, and always cook your food thoroughly before serving.

Remember that looks are not a safe indicator of when food is done. Only a food thermometer can accurately tell you when your food is ready.

For tailgating parties, always remember to keep hot foods hot and cold foods cold even if you're setting them buffet style. Don't allow foods to sit at room temperature.

Use crock pots to keep the little weenies or dips warm. Roasters can be set up to keep steaks, hot dogs, burgers, or whatever your hot menu foods may include, warm throughout the day. Just remember to keep checking temperatures and keep the hot foods above 135 degrees.

As for the cold foods like dips, salads, wraps and other dishes, set up some shallow storage containers on the table and fill them with ice. Place the cold dishes inside the ice bath in or-

der to keep the temperature on them down. For cold foods remember to keep them at 41F or colder.

Once you are finished with your football celebration, remember to check foods again before putting them in the fridge. If you don't know how long a food has been sitting out, discard it. Do not eat something that you didn't keep warm or cold during the game. If any foods have traveled within the 42-134 degree range, discard them as well.

No one likes to throw food away, but it is safer to throw it away than be sorry for hoping it was still good later.

If your friends plan to bring food with them, remind them to bring a cooler with them as well. That way, when they are taking their food back home, they can pack it in ice in the cooler to keep it cold for the ride home.

For more tips and additional information on preparing foods for holiday gatherings, celebrations and parties, visit www.foodsafety.gov

Cedar County Courthouse Phone: 563-886-2248
400 Cedar Street Fax: 563-886-2103
Tipton, Iowa 52772

Office Hours: 8 A.M.- 4 P.M.

E-mail: tvoss@cedarcountry.org or e&z@cedarcountry.org



**Agave Mexican Restaurant
West Branch, IA
319-643-2090**

“Never argue at the dinner table, for the one who is not hungry always gets the best of the argument.”

-Richard Whately

**REMEMBER:
Restaurant Inspections are Public Knowledge**



Agave Mexican Restaurant

For many years, people from Cedar County, and mainly the West Branch area, think of the restaurant located at 315 E. Main Street in West Branch only as Champagnes, owned and operated by Bob Champagne and serving up some great Cajun food.

This fall that all changed, Champagnes bought out the entire building and leased the larger portion to Richard Arthur of Iowa City and kept a small portion to turn into Bistro on Main.

After working hard on the old

building and revamping the Cajun décor on November 13, 2009, Champagnes became Agave Mexican Restaurant with fiesta style music, a party sized dining room and food so good you have to take some home for later.

Taking claim as one of the only Mexican style restaurants in Cedar County, Agave’s has a great chance of making a big success of itself. From a kids menu, to vegetarian dishes, to full meat dishes, Agave’s has a

little of something for everyone.

So the next time you have a hankering for a margarita, some chips and salsa or a burrito, check out Agave Mexican Restaurant in West Branch, IA. You won't be disappointed.



How does your favorite restaurant measure up?

Ever walked into a restaurant and saw food on the floor or disgusting workers behind the counter? What about the things that you can't see while they are making your food?

The worry is over... restaurant inspections are public knowledge and available at the Iowa Department of Inspections and Appeals web site at <http://dia.iowa.gov/food>.

To start, click on the find an inspection report button on the left. Scroll down and you can enter "Cedar" into

the counties box to view all food establishments in Cedar County. Enter a town, along with the county it's located in, to find all the entries for that town, or you can enter the establishments name with the county it is located in as well. Press "Search" when you are ready.

Once you find the business you are looking for, click on the name of the establishment and a page with all the inspections completed in the last couple of years will appear.

Click on the most recent one to see how the last inspection went and if there were any major problems at that location. If you have problems reading the inspection report,

above where you found the "find an inspection" button is a "how to read an inspection report" button. Click there for detailed instructions on how to read the information given to you.

If you are not near internet access and are still concerned about the restaurant you are at, look for a yellow inspection form hanging on the wall, usually around their licenses. If you can't not find one, ask an employee to see the inspection form. Remember: Restaurant inspections are public knowledge. You have every right to know how the place is doing before you choose to spend your money and eat there.

Diabetic Recipes: Cheesy Potato Skins

Makes 8 servings; 90 calories

Ingredients

2 tablespoons grated Parmesan cheese
3 cloves garlic, finely chopped
2 teaspoons dried rosemary
1/2 teaspoon salt
1/4 teaspoon black pepper
4 baked potatoes

2 egg whites, lightly beaten

1/2 cup (2 ounces) shredded part-skim mozzarella cheese

Salsa (optional)

1. Preheat oven to 400F. Combine Parmesan cheese, garlic, rosemary, salt and pepper in small bowl.
2. Cut potatoes lengthwise in half. Remove pulp, leaving 1/4-inch-thick shells.
3. Cut each potato half lengthwise into 2 wedges. Place on baking sheet. Brush with egg whites; sprinkle with Parmesan cheese mixture. Bake 20 minutes.
4. Sprinkle with mozzarella cheese; bake until melted. Serve with salsa, if desired.

Ideas for Cutting Calories

1. Eat as many fruits and non-starchy vegetables as you want.
2. Put tempting food in an inconvenient spot. Research shows that people are far more likely to eat food if it's easily accessible.
3. Use smaller plates and utensils. Research shows that these affect portion size.
4. When filling your plate, put all the food you plan to eat on the plate at once and don't allow yourself seconds. You may feel like you are taking more, but when it compares to two or three smaller servings, it makes a big difference.
5. Don't eat off of other's plates. Stick to what you ordered, remember you ordered your food for a reason.

Food Safety Quiz



1. At what temperature should your refrigerator be maintained?

- A. 60°F
B. 45°F
C. 41°F

2. In order to properly wash your hands before or after handling food, exactly what is the minimum amount of time you should wash your hands under running water?

- A. 10 sec
B. 20 sec
C. 1 minute

3. Which of the following bacteria are responsible for causing the greatest number of food borne illnesses?

- A. Salmonella

- B. Campylobacter
C. E. coli

4. What is the minimum temperature at which hot foods on a buffet should be maintained?

- A. 212°F
B. 180°F
C. 135°F

5. The majority of food borne illnesses are a result of which of the following?

- A. Improper handling of foods by the consumer
B. Improper handling of foods in restaurants or food service settings
C. Improper processing of foods by the manufacturer

6. When sanitizing dishcloths or cutting boards at home using chlorine bleach, how much bleach should be added, per quart of water?

- A. 1 teaspoon
B. 1/2 cup
C. 1/2 quart

7. Which of the following ways is NOT a safe way to defrost raw meat?

- A. In the refrigerator

- B. On the counter
C. In the microwave

8. What is the minimum temperature ground beef should be cooked to in order to assure safety?

- A. 155°F
B. 160°F
C. 165°F

9. Which food is associated with the most cases of food borne illness due to Salmonella?

- A. Raw chicken
B. Raw eggs
C. Raw vegetables

10. Which of the following federal agencies is responsible for regulating meat and poultry products in the United States?

- A. U.S.D.A. (U.S. Department of Agriculture)
B. F.D.A. (Food & Drug Administration)
C. E.P.A. (Environmental Protection Agency)

FEEDBACK WELCOMED

This is the first 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@cedarcounty.org.

Answer Key: 1.C 2.B 3.B 4.C
5.A 6.A 7.B 8.B 9.B 10.A