



The Cedar Culinary

News that's good enough to eat!

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CEDAR COUNTY
ENVIRONMENTAL
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DEPARTMENT

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"Sometimes too much to drink is barely enough."

-Mark Twain

Bugs in Your Booze? *And We're Not Talking About the Worm!*

When people hear bugs in the booze, the first thing that comes to mind is the worm in the tequila bottle. Not quite what we are talking about here. During restaurant and bar inspections, you may find the inspector looking through your liquor bottles. They are most often looking for fruit flies.



Fruit flies, which are smaller than the housefly, are also considered seasonal and are most abundant in late summer and fall. Adult fruit flies are approximately 2 to 3 mm long, with red eyes and light-brown bodies. They are attracted to fruit, especially decaying fruit, and fermenting foods/drinks.

Total eradication of the fruit fly is difficult. Use of mesh screens and air screens will decrease

entry into food establishments. When entry occurs, electric traps are somewhat effective. One of the best solutions to keeping these pests out of your establishment is to avoid accumulation of rotting fruit and cover liquor bottles up.

Many establishments like to keep pouring spigots on the liquor bottles used most often. Unfortunately, fruit flies are small enough to get through the nozzle

of the spigots and into the liquor bottle.

Some people try to sneak around this by sticking things in the nozzle like golf tees. This too is a violation and can be very dangerous if the paint starts to bleed into the booze. The best solution to keeping bugs out of your liquor bottles is to replace the caps on the liquor after every use. Limiting their access will keep them out.

American Red Cross Month: Being Prepared in an Emergency

Did you know that a flood, fire, national disaster, or the loss of power from high winds, snow or ice could jeopardize the safety of your food? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illness.

If there is a power outage, keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. A refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold for about 48 hours and a half full freezer about 24 hours if the doors remain closed.

If you know the power will be out for a prolonged period of time, consider purchasing dry ice, or if it is due to ice and snow and the temperature outside is below freezing, start putting foods in coolers and storing them outside, monitoring them safely.

Survival food kits to have on hand include dry food items, a hand-held can

opener, ready to use baby formula, pet food and boxed or canned food that doesn't require cold or heat to store or make.

Keep appliance thermometers in your fridge and freezer at all times so that you know your foods are being kept at the correct temperatures.



With the flood of 2008 still in our minds and the possibility of a recurrence this summer, being prepared for flood condi-

tions is very important. If you know a flood is coming, begin storing food as high up as possible.

If a flood occurs: DO NOT eat any food that may have come into contact with flood water. If you are not sure, just discard it.

If you are not sure about the safety of the drinking water in a home that was flooded, use fresh bottled water. If there is a well on the property, have it tested as soon as possible so that it may be disinfected after the flood waters recede.

If a fire occurs: Discard all food that has been near a fire. Food in cans or jars may appear to be okay, but the heat from a fire can activate food spoilage bacteria. Discard any food that may have been affected by the fire fumes as well. Those fumes carry toxins making exposed foods very dangerous to consume.

More tips and solutions can be found at foodsafety.gov.

Bistro on Main

Much change has been occurring in West Branch with its restaurants. One place in particular has kept us all on our toes with their changing ways. Once known as Champagnes, a family style restaurant serving up Cajun food has now been turned into Agave's Mexican Restaurant but Champagnes is not gone.

Right next door to Agave's is Bistro on Main. A smaller version of Champagnes with the same owners

and same great food. Owned and operated by Bob Champagne and his son Joby, the Bistro's small cozy feel welcomes people in to sit down and enjoy southern foods from po boy's to gumbo.

Open Tuesday thru Sunday at 11 a.m. the Bistro has a little of something for everyone. Serving up a kids menu, along with its traditional Cajun menu, the Bistro also has ice cream for anyone with a sweet tooth.

With hopes to continue to change and expand their menu, the goal for the Bistro is to serve breakfast, Cajun food and, perhaps at some point, more high class dishes with a reservations only style setting.

For now though they are sticking to the tradition and serving up the foods we know and love. So if you are ever hankering for a bowl of jambalaya or a good fried shrimp po boy sandwich, look no further than Bistro on Main located right next to Caseys in downtown West Branch, Iowa.

Diabetic Recipes: Shepherd's Pie

Makes 6 servings; 269 calories per serving

Ingredients

- Refrigerated butter-flavored cooking spray
- 1 cup chopped onion
- 1 1/4 pounds ground sirloin
- 1/2 cup fat-free canned beef broth
- 2 tsp. Worcestershire sauce
- 1 tablespoon tomato paste
- 1 1/2 pounds russet potatoes, peeled and cut into equal sizes
- 3 cloves garlic, cut in half
- 1/4 cup skim milk
- 2 fluid ounces egg substitute

- 1/4 tsp. kosher salt (optional)
- 1 cup thawed frozen baby peas
- Freshly ground pepper

Directions:

1. Preheat oven to 425 degrees
2. Coat a nonstick skillet with cooking spray. Add the onions and sauté until they wilt. Add the meat and cook, separating with a wooden spoon until meat has turned brown. Strain the beef mixture of all fat and liquid. Return to the skillet. Add the broth, Worcestershire sauce,

tomato paste and pepper. Set aside.

3. Boil the potatoes with the garlic in lightly salted water until done. Drain the potatoes and remove the garlic. Mash the potatoes with the milk and egg substitute. Season with pepper and salt (if using).
4. Place the meat mixture in the bottom of an oven proof casserole dish. Top with peas and then spread with mashed potatoes. Coat with cooking spray. Bake for 15 to 25 minutes until heated through and top is nicely browned.

FEEDBACK WELCOMED

This is the third installment of our new county newsletter and we would like your help as the reader in letting us know what you liked and disliked. 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 should be submitted to the Health Department at 563-886-2248 or email us at tvoss@cedarcountry.org.

Kids Corner: Fill in the Blank

1. When cooking in the _____ you should always remember _____ first.
2. When _____ your hands remember to sing happy birthday to yourself.
3. If cooking with lots of different meats remember to _____ often, _____ always and _____ to the proper _____.
4. Always have _____ and be _____.
5. Remember to eat all your _____ and _____.
6. Never eat _____ batter when _____. It can contain _____.

“Avoid fruits and nuts. You are what you eat.”
-Jim Davis

SAFETY
CLEAN
VEGGIES
KITCHEN
FUN
FRUITS
BAKING
WASHING
SALMONELLA
TEMPERATURE
SAFE
RAW
SEPARATE
COOK

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