



The Cedar Culinary

News that's good enough to eat!

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The articles on the following pages were provided by foodsafety.gov. For more information about these stories and more please visit their websites.

Breakfast in Bed



On Mother's Day, many families have a tradition: the kids prepare and serve breakfast in bed for Mom. It's a great opportunity not just to celebrate mothers but also to help kids learn the basic lessons of food safety.

Lesson 1: Keep Everything Clean

Bacteria and viruses can be hiding just about anywhere: in the kitchen, on a plate and on hands. These invisible enemies can make Mom sick. Always wash your hands with soap and warm water for 20 seconds before and after preparing food, after playing with pets or handling pet food and after using the bathroom.

Wash all fruits and vegetables with running tap water before cutting or eating them. Put food on clean surfaces only. Always use clean knives, forks, spoons and plates.

Lesson 2: Keep Raw and Cooked Foods Separated

To prevent cross-contamination, always keep raw meat, poultry, eggs and seafood (and their juices) away from ready-to-eat foods.

Always wash cutting boards, dishes and utensils with hot, soapy water after they come in contact with raw meat, poultry, eggs and seafood. Never place cooked food on a plate that previously held raw meat, poultry and seafood.

Lesson 3: Cook Food to Safe Temps

You can't see, smell or taste bacteria that cause foodborne illness. That's why you should use a food thermometer to make sure food has reached a safe internal temperature. Always place the food thermometer in the thickest part of the food, away from bone and fat, to check the temperature.



Lesson 4. Keep Perishable Foods Cold

To grow and multiply, bacteria need time and the right environment: moisture and warmth. Most bacteria grow quickly between 40 °F and 140 °F (the Danger Zone). Some bacteria can double their numbers every 20 minutes.

Refrigerate any leftovers from Mom's special meal within 2 hours. Throw out perishable food left out for more than 2 hours and don't feed it to your pets. Even pets are susceptible to foodborne bacteria. To reheat leftovers safely, make sure they reach 165 °F as measured with a food thermometer.



Spicing Up Your Cinco de Mayo

Between 1998 and 2008, nearly 1 of every 25 outbreaks associated with

restaurants or delis may have been caused by contaminated salsa or guacamole. Research does not suggest that you stop eating these foods or stop eating at restaurants. These are popular foods across the United States and are served in a variety of restaurants and at home. The facts are there to stress how important it is that these foods are prepared and stored safely.

Common Questions of Concern:

What kinds of illnesses were associated with these outbreaks? The most common infection was norovirus, followed by Salmonella, Shigella, E. coli and other less common germs, which can all cause diarrhea.

What contributed to these outbreaks? In several outbreaks, local investigators have reported that the salsa or guacamole wasn't stored or refrigerated properly. In others, the investigators reported that food workers were the likely source of the contamination. In some cases, ingredients may have been contaminated before arriving in a kitchen.

Which specific ingredients were contaminated? Usually you don't know which ingredients were contaminated. But do know that salsa and guacamole often contain diced raw produce, such as hot peppers, tomatoes and cilantro. These ingredients have been implicated in past outbreaks.

Is there anything else about salsa or guacamole that makes it particularly likely to become contaminated? Germs may grow to levels that can cause sickness if these foods are not prepared or

stored safely in restaurants and homes. Also, salsa and guacamole are often made in large batches at restaurants, so even a small amount of contamination can affect many servings.

What about salsa that you buy at the store?

Jarred salsas are usually heated to kill germs that may be present.

Is homemade salsa or guacamole safe? That depends on whether you follow these food safety rules:

- Before and after preparing food, wash your hands for 20 seconds with warm water and soap.
- Wash the ingredients thoroughly under running water. That includes ingredients that you plan to peel, such as avocados.
- Make sure that knives, cutting boards, containers and other kitchen surfaces are clean.
- Keep the salsa or guacamole refrigerated until you serve it. Do not leave it out of the refrigerator for more than 2 hours. If the temperature is above 90 degrees, do not leave it out for more than 1 hour.



Diabetic Recipes:



Firecracker Salsa

& Strawberry Lemonade

Makes about 2 cups

Ingredients:

8 ounces peeled and cored fresh pineapple, finely chopped

1 small white onion, 3 ounces, minced

1 large red bell pepper, 6 ounces, seeded and minced

1 Serrano chile pepper, seeded and minced

1/4 cup minced fresh cilantro

2 tablespoons fresh orange juice

1 tablespoon fresh lime juice

1 teaspoon brown sugar



Directions:

1. In a small bowl, combine pineapple, onion, bell pepper and chile pepper. Sprinkle with cilantro and toss again.
2. In a small cup, whisk together orange juice, lime juice and brown sugar. Drizzle over pineapple mixture and gently stir. Allow to stand at room temperature for at least 30 minutes before serving.

Makes 4 servings

Ingredients:

1 1/2 cups fresh strawberries, halved

3/4 cup Spoon One Sugar Replacement

1 cup cold water

3/4 cup fresh lemon juice (about 4 lemons)

1 tablespoon grated lemon zest

4 whole large strawberries with hull for garnish
fresh sprigs of mint for garnish

Directions:

1. In a food processor or blender, puree the strawberry halves and sugar replacement. Transfer to a large pitcher.
2. Stir in water, lemon juice and lemon zest.
3. Cut each strawberry in half, almost to the hull, but not cutting through the hull.
4. Pour lemonade into tall glasses filled with ice. Add a mint sprig and position a cut strawberry over the rim of each glass.



Kids Corner: Crafts

God's Eye

A craft from the Huichol tribe of Mexico, kids can easily create many of these colorful God's Eyes with popsicle sticks and yarn.

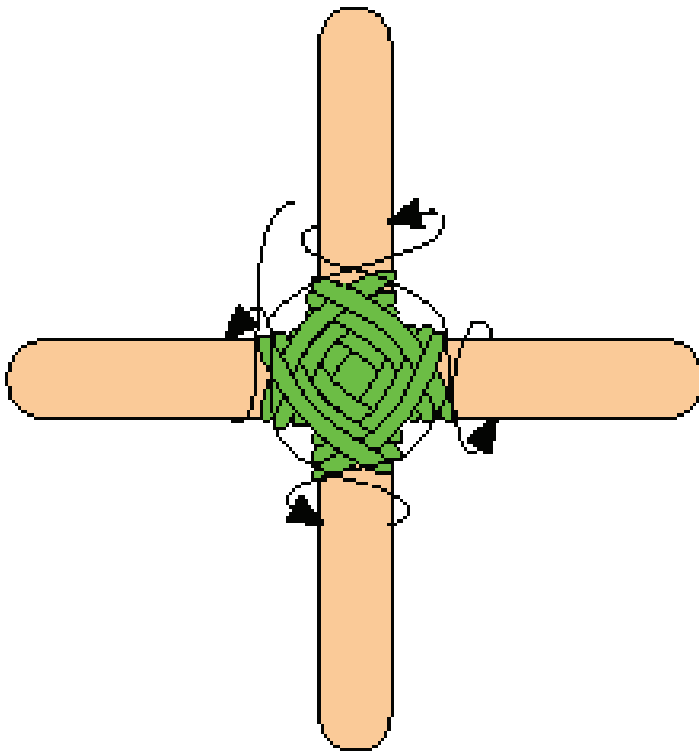


What you'll need:

String or yarn in several colors
2 Popsicle or craft sticks
Glue
Scissors

How to make it:

1. Glue the two craft sticks together in a cross.
2. Take one color of yarn and wrap it over and around one stick, then over and around the next, over and around the next, and so on. Keep doing that until the color is used up.
3. Tie a different color string onto the old one with a tight knot.
4. Repeat steps 2 and 3 until complete.
5. Take a piece of string for a hanger, cut it, and tie or glue it to your God's Eye. Hang it up in your room to enjoy.



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