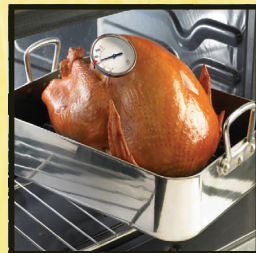


Meat And Poultry

Cooking Food To A Safe Temperature

Using a cooking thermometer is the only way to determine if your food is cooked completely and safely. Insertion of the cooking thermometer is also important. You want to be sure that you insert the thermometer properly so you can get a correct reading to determine if your food is done.

- **Poultry** – Insert the thermometer into the inner thigh area near the breast of the chicken or turkey but not touching the bone. For a boneless piece of poultry, insert the stem sideways into the thickest part, away from any fat or gristle.
- **Beef, Pork, Lamb, Veal, Ham, Roasts, Steaks, Or Chops** – Insert the thermometer, sideways if necessary, into the thickest part of the piece of meat, away from bone, fat, or gristle.
- **Ground Meat And Poultry** – Place the stem into the thickest part of ground meat or poultry dishes, such as meatloaf. The thermometer may be inserted sideways into thin items such as meat patties.
- **Casseroles And Egg Dishes** – The thermometer should be inserted into the thickest portion.



RECOMMENDED



SAFE INTERNAL COOKING AND STORAGE TEMPERATURES



Internal Cooking Temperatures

Storage Temperatures

165° F (74° C) All Poultry Products including Ground Chicken and Turkey, Stuffing, and Reheated Leftovers

160° F (71° C) Ground Meats (Beef, Pork, Veal, and Lamb), Eggs^a, Egg Dishes

145° F (63° C) All Whole Cuts of Meat^b (Beef, Pork, Veal, and Lamb), Fish

140° F (60° C) Reheat Pre-cooked Ham, Hold Hot Foods

140° F - 40° F Danger Zone

40° F (4.4° C)
to
32° F (0° C) Refrigerated Foods

0° F (-18° C) Frozen Foods

^a Or until both the yolks and whites are firm

^b Whole cuts of meat include steaks, roasts, and chops

^b All whole cuts of meat need to rest for three minutes before carving



Marmalade Chicken Breast

4 bone-in chicken breast halves
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 cup sweet orange marmalade
2 teaspoons lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder
1 teaspoon curry powder

1. Remove wrapper from chicken. **Wash hands using soap and warm water.** Place chicken breast halves (bone side down) in an 8 X 11.5 baking dish. **Be sure to wash your hands again after handling the raw chicken.**
2. Sprinkle salt and pepper over the chicken
3. In a bowl, combine the marmalade, lemon juice, mustard, Worcestershire sauce, garlic powder, and curry powder. Blend well.
4. Pour the marmalade mixture over the chicken and cover tightly with aluminum foil. **Place the chicken on the bottom shelf of the refrigerator** and allow the chicken to marinate for 1 to 2 hours.
5. Heat the oven to 375°F. Bake the chicken, covered, in the preheated oven for 30 minutes. After 30 minutes remove the foil and baste the chicken. **Insert a cooking thermometer into the thickest part of the largest breast. Be sure the thermometer is not touching the bone.** Continue baking, uncovered, basting every 10 to 15 minutes. **When the internal temperature reaches 165°F it will be time to enjoy.**

Additional Food Safety Notes Related To This Recipe

- Be sure the refrigerator is no warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw chicken should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing chicken leftovers, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

Recipe Source

<http://southernfood.about.com/od/bakedchicken/r/Marmalade-Chicken-Breasts.htm>



Rosemary Turkey Meatloaf

2 slices white bread
1/2 cup milk
2 garlic cloves
1 medium carrot
1 medium zucchini
1 medium onion
2 tablespoons butter
1 pound ground turkey
1 egg
1 1/2 teaspoons of salt
1/4 teaspoon minced rosemary

1. In small bowl, soak white bread in milk. Mash into a paste.
2. Break egg into a small clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. Remove the outer skin from the garlic and onion. **Scrub garlic, carrot, zucchini and onion with a vegetable brush while holding under cold running water.** Mince garlic, carrot, zucchini, and onion in a food processor.
4. Melt butter over low heat in a skillet. Add the minced mixture. Cook over medium heat until the butter starts to brown. Place in large bowl and let cool.
5. Add the bread paste, ground turkey, egg, salt, and rosemary. Stir with a wooden spoon until well blended. Form the meat mixture into a loaf on a baking sheet. **Be sure to wash your hands after handling the raw meat mixture.**
6. Heat the oven to 350°F. **Insert a cooking thermometer into the center of the meatloaf. Bake the meatloaf until the internal temperature reaches 165°F** (about 45 minutes). Enjoy!

Additional Food Safety Notes Related To This Recipe

- Always store raw ground turkey on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground turkey package on a pan or plate to catch any juices that may drip.
- Defrost frozen ground turkey on the bottom shelf of the refrigerator. Place the ground turkey package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after beating egg and handling raw meatloaf mix.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw ground turkey should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing meatloaf leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in the refrigerator.
- When reheating leftover meatloaf be sure to use a cooking thermometer. Reheated meatloaf needs to reach a temperature of 165°F.

Recipe Source

Richard Stone, TSU



Vermont Maple Syrup Pork Chops

- 1 medium onion
- 4 pork chops
- 2 tablespoons butter
- 1 tablespoon apple cider or white vinegar
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/4 cup maple syrup
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon salt
- 1 tablespoon flour

1. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water.** Mince onion in a food processor.
2. Melt butter over medium high heat in a large sauté pan. Remove wrapper from pork chops. **Wash hands using soap and warm water.** Add salt to the surface of each pork chop.
3. Add the pork chops to the sauté pan. **Be sure to wash your hands again after handling the raw pork chops.** Brown both sides of the pork chops and place into a 8x11 baking dish.
4. Add the minced onion to the sauté pan in which you browned the pork, and sauté until the onion begins to brown, about 2-3 minutes. Add the vinegar, chili powder, black pepper, maple syrup, water, and Worcestershire sauce to the pan and bring to a boil. Pour this sauce over the pork chops in the baking dish.

5. Preheat oven to 350°F. **Insert the cooking thermometer into the thickest part of the largest pork chop. Bake until the internal temperature reaches 165°F (5-10 minutes, 10-15 minutes for thicker pork chops).**
6. Place the pork chops on a serving platter and loosely tent with foil. Pour the sauce into the saucepan you seared the chops in and whisk in 1 tablespoon flour to thicken the gravy. Remove the foil and add the sauce to the pork chops.

Additional Food Safety Notes Related To This Recipe

- When buying onions in the grocery store, they should be hard with dry papery skins, free of green spots or green leathery areas.
- When buying pork in the grocery store, be sure that there are no broken seals on the package or discoloration on the meat. Check the date on the package to be sure the pork has 2-3 three days of freshness left. Do not buy pork that is older than that.
- Store the pork chops on a clean plate on the bottom shelf of the refrigerator. Check the refrigerator thermometer to be sure the refrigerator is between 35 and 40 degrees F.
- Pork has a recommended storage time of 3 to 5 days in the refrigerator. After 5 days the pork should be thrown into the garbage. Do not use the pork if it is past the expiration date. The expired products should be thrown into the garbage.

Recipe Source

http://www.simplyrecipes.com/recipes/vermont_maple_syrup_pork_chops/



Oven Fried Chicken

2 cups bread crumbs
1 cup grated Parmesan cheese
4 tablespoons olive oil
2 tablespoons thyme
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup Dijon mustard
2 tablespoons water
2 1/2 pounds boneless skinless chicken breasts

1. Line a baking sheet with heavy-duty aluminum foil. Place a cooling rack over pan and spray rack with nonstick cooking spray.
2. In a shallow dish, combine bread crumbs, Parmesan cheese, 2 tablespoons olive oil, thyme, 1/8 teaspoon salt and 1/8 teaspoon pepper. In a separate shallow dish, combine mustard, water, 1/8 teaspoon salt, 1/8 teaspoon pepper, and 2 tablespoons olive oil.
3. Remove wrapper from chicken. **Wash hands using soap and warm water.** Coat each chicken breast with mustard mixture and then dredge each breast in the bread crumb mixture. Place coated breast on prepared rack in pan. **Be sure to wash your hands again after handling the raw chicken.**
4. Preheat oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 25 to 30 minutes.** Enjoy!

Additional Food Safety Notes Related To This Recipe

- When buying chicken in the grocery store, be sure that the package has no broken seals or leaks that would allow the juices to contaminate any of your other groceries. Some grocery stores have added an expiration date to the label found on the chicken's package. Do not buy the chicken if it is past the expiration date.
- Make sure your raw poultry is bagged separately from the other groceries.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes a 1 day.
- Chicken has a recommended storage time of 1 to 2 days in the refrigerator, however if you bought it on the expiration date, you need to use it immediately.
- Keeping food out of the "Danger Zone".
 - Raw chicken should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165° F. before serving.

Recipe Source

<http://www.foodnetwork.com/recipes/paula-deen/oven-fried-chicken-recipe/index.html>



Chicago-Style Hot Dog

- 4 tomato wedges
- 1 tablespoon chopped onion
- 1 all-beef hot dog
- 1 hot dog bun
- 1 tablespoon yellow mustard
- 1 tablespoon sweet green pickle relish
- 1 dill pickle spear
- 2 sport peppers or pepperoncini
- 1/8 teaspoon celery salt

1. Remove the outer skin of the onion. **Hold onion and tomato under cold running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel. Using your produce cutting board, cut the tomato into wedges and chop the onion.** Put 1 tablespoon onion in a small dish. **Reserve the rest for another recipe by placing it in an airtight dish. Be sure to label it with name and date.**
2. Bring a pot of water to a boil. Place hot dog in boiling water and **boil for at least 15 seconds, or heat the hot dog in microwave oven until steaming hot.**
3. Place the pickle spear in the bottom of the hot dog bun. Place the hot dog in the bun. Pile on the toppings in this order: yellow mustard, sweet green pickle relish, onion, pickle spear, tomato wedges, sport peppers, and celery salt. The tomatoes should be nestled between the hot dog and the top of the bun.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Although hot dogs are fully cooked, older adults, people with weakened immune systems, and people with chronic illnesses need to reheat hot dogs until steaming hot before eating..
- If purchased before the expiration date, an unopened package of hot dogs has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the hot dogs should be thrown in the garbage. An opened package only has a recommended storage time of 1 week in the refrigerator. Be sure you seal the package tightly after opening and label it with the date it was opened.
- Never leave hot dogs at room temperature for more than 2 hours and no more than 1 hour when the temperature goes above 90°F.
- When storing in the refrigerator, place hot dogs on a separate shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- When shopping in the grocery store, hot dogs and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

Recipe Source

<http://allrecipes.com/recipe/chicago-style-hot-dog/>



Blue Cheese Burgers

2 tablespoons minced green onion
1 pound lean ground beef
1-1/2 ounces blue cheese, crumbled
1/8 teaspoon hot pepper sauce
1/4 teaspoon Worcestershire sauce
1/4 teaspoon coarsely ground black pepper
1/2 teaspoon salt
1/4 teaspoon dry mustard
4 French rolls or hamburger buns

1. **Hold the green onion under cold running water while rubbing with tip of fingers.** Mince onion in a food processor.
2. In a large bowl, add the ground beef, blue cheese, green onion, hot pepper sauce, Worcestershire sauce, black pepper, salt, and mustard. **Stir with a wooden spoon until well blended. Be sure to wash your hands after handling the raw meat mixture. Cover bowl and refrigerate for 2 hours on the bottom shelf of your refrigerator.**
3. Preheat grill (indoor or outdoor). Be sure the grill is cleaned thoroughly before use. Gently form the burger mixture into 4 patties. **Be sure to wash your hands after forming the patties. Oil the grill and cook the patties for 5 minutes on each side. Insert your cooking thermometer through the side of the burger, with the tip extending into the center, and continue cooking until the internal temperature reaches 160°F.**
4. Serve the burgers on the rolls or buns and enjoy!



Additional Food Safety Notes Related To This Recipe

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- Always store raw ground beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground beef package on a pan or plate to catch any juices that may drip.
- Insert the cooking thermometer into the thickest part of the hamburger patty as shown below.



- When shopping in the grocery store, ground beef and fresh produce should be the last items to go into your cart. Meats should be placed in the bottom of the cart, in a separate bag when available. It is a good idea to have wet wipes with you to clean your hands after handling fresh meats.
- Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Ask the bagger in the grocery store to bag your ground beef in another separate bag from your other groceries. If you are using a tote bag, place the ground beef into a separate plastic bag before placing it in your tote bag.

Recipe Source

<http://allrecipes.com/recipe/blue-cheese-burgers/>



Garlic-Lime Chicken with Olives

- 1/2 yellow onion
- 2 to 3 garlic cloves
- 3 pounds boneless skinless chicken breast halves
- 2 tablespoons lime juice
- 1 tablespoon molasses
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup pitted and sliced Greek olives

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Mince garlic in a food processor.
2. Remove wrapper from chicken and place in a large bowl. **Wash hands using soap and water after handling chicken.** Combine onion, garlic, lime juice, molasses, Worcestershire sauce, cumin, oregano, salt, and black pepper. Use a wooden spoon to mix and coat the chicken.
3. Coat a large roasting pan with cooking spray. Transfer chicken to roasting pan and pour any remaining marinade over the chicken. **Be sure to wash your hands again after handling the raw chicken.** Arrange olives over and around the chicken.



4. Heat the oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 30 to 35 minutes.** Enjoy!

Additional Food Safety Notes Related To This Recipe

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- When storing leftover chicken, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

Recipe Source

<http://www.foodnetwork.com/recipes/robin-miller/garlic-lime-chicken-with-olives-recipe/index.html>



Cider Marinated Beef Roast

1 medium onion
3 garlic cloves
1 beef roast, 4 lbs. boneless rump, sirloin tip, or cross-rib
chuck, tied
2 cups apple cider
2/3 cup salad oil
1 tablespoon lemon juice
1 bay leaf
1 teaspoon salt
1 teaspoon thyme
1 teaspoon whole allspice
1 teaspoon dry mustard
1/2 teaspoon pepper
2 tablespoons cornstarch

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Smash the garlic using the flat side of a butter knife (do not completely crush).
2. Remove wrapper from beef and make about 2 dozen slits 1 inch deep on the outside of the meat. Place meat in a large glass or plastic bowl. **Wash hands using soap and water after handling beef.**
3. In a bowl, combine apple cider, salad oil, lemon juice, onion, garlic, bay leaf, salt, thyme, allspice, mustard, and pepper.

5. **Pour the mixture over the beef and cover tightly with aluminum foil. Place the beef on the bottom shelf of the refrigerator and allow the beef to marinate for 4 hours or more.**
6. Remove roast from marinade. Place on roasting pan. **Insert meat thermometer so it reaches the center of the thickest part of the roast.**
7. Heat the oven to 300°F. **Bake the beef until thermometer reaches 145°F, about 2 hours.** Remove beef and place onto warm platter.
8. Strain the leftover marinade. Skim fat from roasting pan and discard. Add marinade to the drippings, reserving 2 to 3 tablespoons of the marinade liquid to mix with cornstarch. In a sauce pan heat the marinade liquid to a boil. Mix corn starch with 2 to 3 tablespoons of the marinade liquid. Stir cornstarch into boiling liquid and continue cooking until thickened. Pour sauce over the beef roast.
9. Slice very thinly to serve.

Additional Food Safety Notes Related To This Recipe

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the beef package on a pan or plate to catch any juices that may drip.
- Defrost frozen beef on the bottom shelf of the refrigerator. Place the beef package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.

Recipe Source

<http://www.cooks.com/rec/view/0%2C193%2C157182-247206%2C00.html>