

FAMILY LIVING FOCUS

Montgomery Co.
Extension Agent

M. Annette Goodling

recipes to avoid that use raw or lightly cooked eggs are: homemade ice cream, homemade pasta, homemade eggnog, custard sauce, homemade mayonnaise, undercooked scrambled or soft boiled eggs, and lightly cooked French toast.

Below are suggestions to follow when examining your recipes. When making homemade ice cream select a recipe that uses a cooked base or make your recipe using pasteurized eggs found in the refrigerator case at the supermarket. When making pasta at home; limit air drying time to 30 minutes, store in the freezer to prevent mold growth and cook thoroughly before serving. Stop making mayonnaise and eggnog unless you are using pasteurized eggs. Only serve eggs that are completely cooked including recipes for French toast (baking in the oven is a convenient method).

Remember when you marinate meats, fish and/or poultry to do so in a covered container in the refrigerator. Don't exceed 24 hours in the marinade solution and cook immediately. The leftover marinade should not be used to baste the meat at the table unless it is completely cooked since the raw meat was soaked in it. Discard any leftover marinade. Follow safe meat

cooking methods. Avoid low oven temperatures. Temperatures below 325°F allow the center of the meat product to be in the danger zone (40° - 140°F) long enough for bacteria to grow. Always cook meat thoroughly. Thorough cooking is needed to kill harmful bacteria that may be present in raw animal products. From a safety standpoint, hamburger that is red in the middle and steak and roast beef that are rare or medium-rare are undercooked. Cook red meat to 160°F. Cook poultry to 180°F. Use a meat thermometer to check that it's cooked all the way through. For a visual check, red meat is done when it's brown or gray inside. Poultry juices run clear. Fish flakes with a fork.

Those special starters for "friendship" cakes and breads and the bread starters should be stored in the refrigerator to prevent mold growth or fermentation. Unrefrig-

Master Gardener Course Dec. 2-6

WESTMINSTER, Md. — The Carroll County Extension Office will be holding its Master Gardener Training Program on Dec. 2-6.

This program will provide each participant with a working knowledge of home fruit production, vegetable gardening, home insect control, plant disease management, landscape management, basic flower gardening, botany, and pruning.

In addition to the classroom hours, participants are given the opportunity to volunteer their time

erated storage increases the possibility that undesirable microorganisms will ruin the yeast cells in the starter. Cold storage doesn't harm the yeast; it slows down the rate at which the yeast reproduces so it is less likely to disintegrate and become useless. Starter that is not likely to be used for several weeks should be frozen. Before using, thaw starter in refrigerator overnight, stirring occasionally. When completely thawed, set starter in covered container at room temperature for 24 hours to promote growth of the starters.

These are only a few examples or ways handed down recipes might pose a hazard to your family's well being. Look closely at all recipes before using them to check for food safety issues. If you have doubts about your recipe, call your local cooperative extension office and ask to speak to the food safety expert in their office.

in various activities directed at sharing their knowledge with the community.

Classes are scheduled to run from 9 a.m. until 4 p.m. at the Carroll County Extension Office in Westminster. There is a \$75 registration fee for this program, which includes all training as well as Master Gardener manual (200+ pages.)

For more information call Lisa on Mondays or Thursdays at the extension office, (410) 848-4611 or (410) 875-2801.

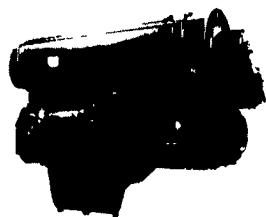
SAFE FOOD FOR YOUR FAMILY

Most of us like to use family recipes passed down through many generations, but some of these recipes present a potential disaster for our family's health. Learning how to evaluate recipes before trying them is an important part of ensuring food safety. The following guidelines will help you know which recipes to avoid or modify.

Avoid recipes containing raw eggs such as ice cream or uncooked desserts. Usually, salmonella food poisoning results from contaminated food that has been improperly handled or not cooked thoroughly. Salmonella enteritidis, however, is an unusual strain

that has been found in the ovaries of infected laying hens. Because the hens transmit the organism to the egg yolk before the shell forms, we can no longer assume that a clean, uncracked egg is safe to eat. Although the risk of getting salmonellosis is relatively small, the infection can be life-threatening for certain people — especially the very young, the elderly, pregnant and nursing women. Another segment of the population at high risk are immune compromised — HIV and AIDS, chemotherapy and other illnesses requiring strong medications. Thorough cooking is necessary to destroy the salmonella bacteria. Typical

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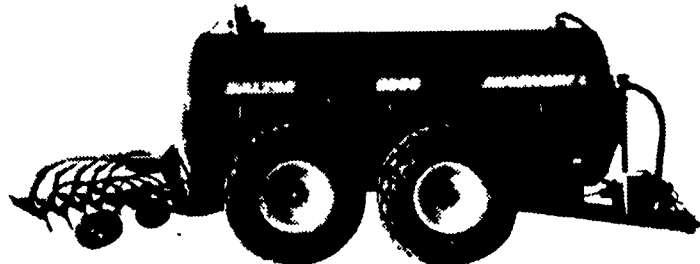
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