

## Family Living Focus

by  
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### Carrying Food? Think Food Safety

It's a little early to think about picnics and cookouts, but those kinds of family activities will be happening sooner than we think! One way to assure that the outdoor fun won't be spoiled with spoiled food is to assure that you have done everything possible to keep food safe during preparation and transport.

One way to do this is to assure that you have the proper utensils. This leads to the concept of a portable kitchen, which contains commonly used kitchen items that can be easily transported and used for camping and at other times when food preparation and transportation must be done in less than ideal situations.

Here is a list of items that can be included in your portable kitchen: apron, baking sheet (10 by 14 inches), biscuit cutter, bottle opener, bread knife, can opener, chef knife in sheath, colander, cooling

rack, cutting board, dial timer, dish detergent (in packets), dish towel and dish cloth, dishpans, dishwashing scrub pad, dry ingredient scoop, egg timer, foil or plastic wrap, funnel (small), grater, hair cover, jar opener, kitchen scissors, ladle, loaf pan, masher, measuring cups (dry), measuring spoons, mixing bowl or small stockpot, muffin tin, paper towels, paring knife in sheath, pastry blender, pie server, place setting (knife, fork, and spoon), pot holders, potato peeler, rolling pin, rubber bands, rubber scrapers, slotted spoon, soap and washcloth (or moist towelettes), spatula, strainer or sieve (small), tongs, trash bags, vegetable brush, wax paper, wire whisk (or rotary beater), and wooden spoons. If you have extra space, you might add: citrus reamer, liquid measuring cup, pie pan, saucepan, skillet, and a 9x13 or 8x8-inch pan.

Jan Scholl, associate professor in agriculture and extension edu-

caution, has developed a wonderful pamphlet on efficiently packing and carrying the items in a portable kitchen. Essentially, small items are packed inside the larger containers so they are not jostled in transport. For safety and to prevent dulling, shield all sharp objects such as knives. To secure the various parts, wrap a large thick rubber band, available in packing supply stores, in several directions around the entire kitchen. It can be placed inside another container like a box or suitcase, or even a cloth tote bag. Secured with the large rubber bands, it can even be carried "as is" without being placed in any other carrier. A copy of the pamphlet "Portable Kitchen" is available at your local extension office.

Carry food and other supplies in a separate container. Wrap them carefully and insulate them to prevent food spoilage and sanitation problems by ensuring that hot foods remain hot and cold foods remain cold. Just following this basic rule will keep picnickers and outdoor chefs a lot less likely to get the food poisoning "bug."

After unpacking the kitchen, pour hot water and detergent into one of the dishpans and hot rinse water into the other. Clean the counter or other work surface before you start, too. Filling both dishpans in advance also helps you to wash and rinse the utensils as you work. If you plan to use the bowl to transport food after you have prepared it, carry a bowl cover of some sort to keep insects away from the food and your car clean. For many other tips on assembling and using your portable kitchen, get a copy of the pamphlet — it will make your summer a lot nicer and safer if you must prepare or transport food!

## Cook's Question

(Continued from Page B8)

**ANSWER** — Diane McDonald, Langhorne, wanted a recipe for potato soup. Thanks to Sue McKinsey, Windsor, for sending a recipe.

### Potato Soup

1 medium onion, chopped  
8-10 potatoes, peeled, diced  
2 stalks celery, chopped  
1 stick butter  
Salt and pepper to taste  
Water  
1 to 1½ -quarts milk  
8-10 hard boiled eggs, chopped  
Leftover mashed potatoes or instant potato flakes

Cook onions and celery in butter until soft. Add potatoes and just enough water to cover. Cook until potatoes are soft and start to thicken cooking water. Add enough milk for however many servings needed. Add eggs. Cook until hot but do not boil. To thicken, stir in leftover mashed potatoes until smooth or stir in instant potato flakes until smooth and of the desired consistency.

**ANSWER** — Laura Snyder, Akron, Ohio, wanted recipes for hot rice. Thanks to Sue McKinsey, Windsor, for sending this recipe.

### Rice Pilaf With Peas

8 slices bacon  
1 medium onion, finely chopped  
2 cups regular long-grain rice  
2 10-ounce packages frozen peas  
1 small can mushrooms, chopped  
2 cups water  
1¾ -ounce can chicken broth  
2 teaspoons salt  
¼ teaspoon pepper

In 12-inch skillet over medium heat, cook bacon until crisp. Remove bacon to paper towels; when cook enough to handle, crumble and set aside. Pour off all but ¼ cup bacon drippings from skillet. Add chopped onion to skillet and cook until tender, about 5 minutes, stirring occasionally. Stir rice, frozen peas, water, chicken broth, salt and pepper and mushrooms into mixture; heat to boiling. Reduce heat to low; cover and simmer, about 20 minutes. In serving, toss rice mixture together with the reserved bacon. Transfer mixture to warm serving dish and place into oven to keep warm until ready to serve.



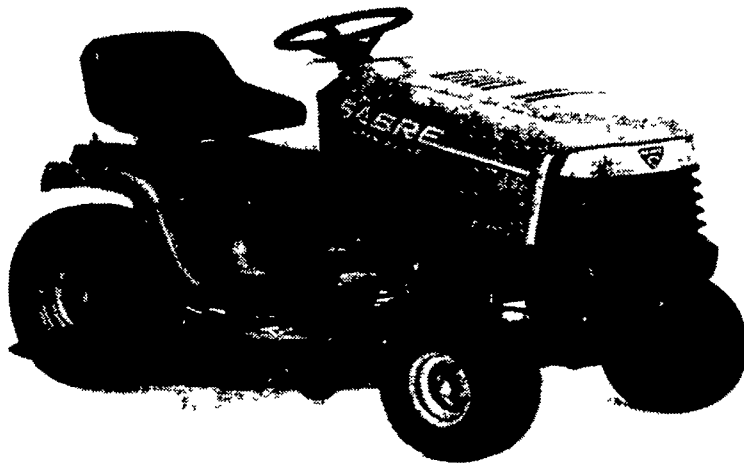
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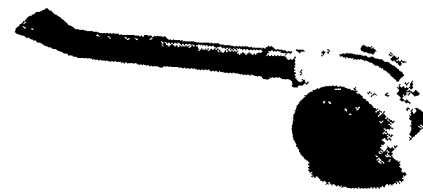
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