

Add a Little Food Safety to Your Recipe

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Outline

- Research background
 - USDA promoting this heavily
- Food safety practices that should be mentioned
- Examples of “food safe” recipes
- Upcoming food safety trainings



Research background

- Few cookbooks contain food safety information
- Some consumers report wanting food safety info in recipes
- Preliminary study done at Tennessee State U- 2013- potential to change behavior



Research study

- Observational study to see consumer food safety behavior change- (Chambers, KSU; Godwin, Tennessee State Univ)
- Journal of Food Protection- August 2016

Practice	Without recipe prompt	WITH recipe prompt
Using meat thermometer	25%	85%
Hand washing	40-50%	70-80%

Food Safety practices to mention

- Washing hands
- Washing produce
- Using a thermometer, safe cooking temps
- Using separate cutting boards
- Safe holding temperatures



Recipe example

From Tennessee State U cookbook “Tasty and Safe”

www.tnstate.edu/extension/documents/Tasty%20and%20Safe%20Cookbook.pdf

- Preparing your kitchen
- Recipes for appetizers, soups, etc.

Sausage-Stuffed Mushrooms

1 1/2 pounds large button mushrooms

1/2 pound of ground pork sausage

1/4 cup fine dry bread crumbs

1/2 cup shredded mozzarella cheese

1. Place mushrooms into a colander. **Run cold water over the mushrooms while rubbing each mushroom gently with your finger tips.** Once dry, remove the stems from mushrooms, chop, and set aside.
2. In a skillet cook the ground pork sausage, 8-10 minutes or

until thoroughly cooked, stirring frequently. **Be sure to wash your hands after handling the raw pork sausage.**

3. Remove sausage from the skillet and drain leftover drippings into a bowl.
4. In a skillet add 2 tablespoons of leftover drippings. Cook mushroom stems on medium heat for 5 to 10 minutes, until
6. Heat the oven to 450°F. **Insert the cooking thermometer into the center of the stuffing in a mushroom cap. Bake until the internal temperature reaches 160°F (about 15 minutes). Then it will be time to enjoy.**
7. **If you are not serving right away, set the oven to a temperature that will keep the mushrooms' internal temperature above 140°F.** Keep mushrooms in the oven until it is time to eat.

Additional Food Safety Notes Related To This Recipe

- Always store raw sausage on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the sausage package on a pan or plate to catch any juices that may drip.
- Defrost frozen sausage on the bottom shelf of the refrigerator. Place the sausage 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 handling raw sausage.

Food safety trainings available

- Farmers Market workshops-
 - Wichita- Feb 4
 - Olathe- Feb 10
 - Girard- Feb 11
 - Hays- Feb 17
- HACCP: Columbia MO(March 29-31);
Manhattan (June 6-8, 2017); Olathe (Oct 4-6)
- FSPCA- Fadi Aramouni provides training

Upcoming produce safety trainings

- FSMA Grower trainings
 - FSMA training held in St Joe MO, Jan 12, 2017
 - Will set other dates in late 2017/ early 2018
- Also planning general produce safety workshops
 - At OHREC and around state- late 2017/early 2018
- Have funding for on-farm assessments and assistance with on-farm food safety plans

More information

- **Univ Tennessee Tasty and Safe Cookbook**

www.tnstate.edu/extension/documents/Tasty%20and%20Safe%20Cookbook.pdf

- **Fight Bac! Partnership for Food Safety Education**

www.fightbac.org/

- **KSU Produce Safety**

www.ksre.k-state.edu/foodsafety/produce/index.html

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