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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Without recipe prompt</th>
<th>WITH recipe prompt</th>
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<tbody>
<tr>
<td>Using meat thermometer</td>
<td>25%</td>
<td>85%</td>
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<tr>
<td>Hand washing</td>
<td>40-50%</td>
<td>70-80%</td>
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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”


- 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

- Fight Bac! Partnership for Food Safety Education
  www.fightbac.org/

- KSU Produce Safety
  www.ksre.k-state.edu/foodsafety/produce/index.html
Contact Details

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