

Title:

Safe Food Handling For The Holidays

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652

Summary:

Did you know that the turkey you thawed on the kitchen counter, instead of in the fridge, could

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Food experts agree that the safe handling of foo...

Keywords:

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Article Body:

Did you know that the turkey you thawed on the kitchen counter, instead of in the fridge, could

There's nothing better than a home cooked meal during the holidays. But, with all the special

Food experts agree that the safe handling of food should be the top ingredient in any recipe.

While they may not turn you into a gourmet chef, following these simple food-handling tips will

When buying raw meat, keep juices, which may contain bacteria, from contaminating your hands o

Meat should also be picked up at the end of your grocery shopping and should not be placed in

If you plan on storing your meat for 2 to 3 months in the freezer, make sure you buy some free

Defrosting should be done in the refrigerator or in a sink full of water, changing the water a

Once meat has been thawed it must be either cooked immediately or placed in the refrigerator a

When handling raw meat, wash your hands before and after. Also, wash counters or plates you pl

As humans, we also carry harmful organisms on our skin which, when spread to food, produce a t

While beefsteak can be cooked to varying degrees of redness, turkey must be completely cooked.

It is important not to keep the thermometer inside the oven with the bird as it could be affec

Plan your cooking ahead of time. Do not partially cook the bird, refrigerate, and then complet

Cooked food must be refrigerated within 2 hours, which means that you need to plan your meal s

Refrigerated leftovers should be eaten within a couple of days, which includes turkey gravy, f

Using safe food-handling practices allows for healthy eating. The rest is a matter of taste.

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