

Holiday Food Safety & Crock Pot Food Safety



Lunch & Learn
12 noon to 1 pm
November 3, 2014

LW
Extension
Cooperative Extension

Resources



- **USDA** (search Thanksgiving)
 - <http://www.fsis.usda.gov/wps/portal/fsis/>
- **Holiday Resources** (includes English and Spanish videos)
 - <http://www.holidayfoodsafety.org/>
- **UWEX: Food Safety & Health** (A-Z index T=Thanksgiving)
 - <http://www.foodsafety.wisc.edu>
- **UWEX: Food Safety & Health** (A-Z index S=Slow Cookers)
 - <http://www.foodsafety.wisc.edu>
- **National Center for Home Food Preservation** (seasonal tips, canning recipes)
 - <http://nchfp.uga.edu/>

Note: Due to a schedule conflict this will be the last webinar of 2014.

Plan Ahead for a Successful Thanksgiving

- **Make a guest list:** decide how many you will feed, plan your menu and gather your recipes.
- **Clear the fridge:** plan pre-holiday meals to use foods that are taking up valuable room in the freezer or refrigerator.
- **Start shopping:** check your pantry and make a shopping list of necessary ingredients; buy foods on sale before the ‘big day’.
- **Get the thermometers ready:** buy a food thermometer if you don’t already have one. A thermometer is key in producing a safe, high quality meal.



Fresh or Frozen

- Frozen turkey is available year-round; especially around Thanksgiving
- Fresh turkey should be purchased **no more than 1-2 days before your holiday meal**
 - Do **not buy** a pre-stuffed fresh turkey.
- Estimate **one pound of turkey** for each person on your guest list
 - One pound/person is enough for ample portions and leftovers
 - A larger turkey, over 16 pounds, has more meat per pound and will feed **2** people per pound!
 - If purchasing a pre-stuffed frozen turkey, purchase $1\frac{1}{4}$ pounds per person.

A turkey frozen since last year can still be safely prepared.



Thawing a Frozen Turkey

- In the refrigerator. Place frozen bird in **original wrapper** on a tray in the refrigerator (40°F or lower). Allow ~1 day for each 4-5 pounds of turkey to thaw. Once thawed, store in refrigerator **for up to 2 days**. **Note: newer appliances maintain food at colder temperatures than in years past. It can easily take 1-2 days longer to thaw a turkey than expected.**
- In cold water. Submerge the wrapped turkey in cold water (50°F); change the water every 30 minutes. Allow 30 minutes defrosting time per pound. **Cook immediately.**
- The microwave may be used – see appliance instructions.

Size of Turkey	Thawing in Refrig.	Thawing in Water
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

Roasting a Turkey



- If you choose to stuff, stuff loosely.
 - Add stuffing immediately before roasting. Stuffing should be moist, never dry.
- Roast in an oven set to 325°F or higher.
 - Do **not** place turkey in a hot oven, and then turn the oven off.
 - Do **not** roast in an oven set lower than 325°F.

Size of Turkey	Cooking Time at 325°F*
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

*Stuffed turkey will take 15-30 minutes longer (total) to cook.

Turkey or stuffing must reach 165°F to ensure safety.

*Time to reach a safe internal temperature of 165° F.

Cooking a Still-Frozen Turkey

Sometimes the easiest way to cook a turkey is from the **'frozen state.'**

www.foodsafety.wisc.edu/assets/pdf_files/Cooking_Turkey_From_the_Frozen_State_Nov11.pdf

- Set oven to 325°F.
- Remove wrapping from turkey and put on a rack in a roasting pan.
- Roast turkey. Checking temperature after 2-2½ hours. Turn bird, if desired. Remove giblet bag.
- After 3½ hours, add seasoning if desired and begin basting.
- A small turkey (12-13 pounds) requires ~5 hours if cooked from the frozen state. A larger turkey (15-20 pounds) requires ~7 hours to cook.

➔ Do NOT use with a stuffed turkey. Turkey must reach 165°F to be safe.

Brining or Frying a Turkey



- Lean meats such as turkey can benefit from brining, usually in salt-water, prior to cooking.
 - Brined meats takes up liquid during soaking and retain more moisture when cooked.
 - Brine whole turkey in a mix of 2 cups salt* to 1 gallon of water. Brine for 12 to 24 hours. [*Measurement for kosher salt, if using table salt decrease to 1 cup.]

Note: many frozen turkey are pumped or pre-brined and should not be brined at home.

- A small turkey (12 pounds or less) can be fried.
 - Determine amount of oil needed. Turkey should be covered by 1-2 inches.
 - Heat oil to 350°F. Allow 3-5 minutes per pound to reach 165°F.

Using a Meat Thermometer

- To ensure safety, turkey must be cooked to at least 165°F as measured in the inner part of the thigh.
- A thermometer is the only way to accurately determine temperature and to avoid over-cooking meat.
- Place the thermometer in the thickest part of the turkey, in the thigh area. Do not allow the thermometer to touch bone or fat.



FAQs

- Can I use an electric roaster to cook a turkey? **Yes! An electric roaster can easily cook a turkey. Cook on a rack in a roaster set to 325°F or higher. Don't use a **slow cooker** to prepare a whole turkey or frozen parts .**
- Can wraps and bags be used for cooking? **Yes. Use a commercial oven-cooking bag; not a paper or plastic bag.**
- Is pink turkey meat safe? **Often, yes. Turkey can remain pink even after cooking to a safe internal temperature (165°F). The meat of smoked turkey is always pink.**

Dealing with Leftovers

- Within 2 hours, remove the stuffing and carve the extra turkey meat from the bones.
- Place leftovers in shallow containers (2-3" deep) in the refrigerator or freezer.
 - Use refrigerated leftovers within 3-4 days.
 - Cooked turkey can be stored 3-4 months in the freezer.
- Remember to refrigerate stuffing and gravy too!
 - Quick cooling is important in preventing foodborne illness.

Reheating or Cooking Early

- Refrigeration or freezing does not kill all harmful bacteria. Leftovers should be kept cold and reheated to 165°F.
- If getting a head start on the holiday, turkey can be roasted early and reheated for guests.
 - Debone turkey and quickly and effectively chill meat.
 - Do **not** chill carcass whole.
 - Reheat to 165°F.



Crock Pot Food Safety

- A 'slow cooker' cooks food slowly at a low temperature, 170°F - 280°F, allowing meat and dry beans to soften and flavors to develop.
- Safety is maintained by:
 - Direct heat source
 - Lengthy cooking time
 - STEAM! (moist heat)
- Other key steps to safety:
 - Keep perishable food cold until placed in the cooker (don't allow bacteria to get a 'head start' during the first few hours of cooking)
 - Thaw ingredients
 - Don't overfill the cooker (like in this image!)
overfilling may not allow the lid to fit tightly, sealing in heat



Crock Pot Food Safety



- **Is it necessary to add liquid?** Liquid is necessary to effectively (and safely) cook meat. Whole chicken needs very little added moisture, cuts of meat like beef benefit from enough added liquid to cover the bottom of the cooker. Combination dishes like soups and casserole don't need extra added liquid.
- **What temperature is best?** It's best to cook meat dishes on high for 1 hour. However, if you are going out, then you can safely cook on low for the entire day. The most important practice: **Don't open the cooker, especially early in the process.** If you will be gone all day, consider investing in a pot that keeps food warm.
- **What about leftovers?** Leftovers should **never** be reheated in a slow cooker. Food may be fully cooked and then put into a **preheated** cooker or roaster to keep hot.

More slow cooker information: www.foodsafety.wisc.edu A-Z S=Slow Cooker

Food Safety & Holiday Gifts



- Chocolate raspberry sauce www.freshpreserving.com
- Lemon curd nchfp.uga.edu/how/can_02/lemon_curd.html
- Fruit butters, syrups, fruit salsa fyi.uwex.edu/safepreserving
 - Canning Fruits Safely
 - Jams, Jellies and Fruit Preserves
 - Canning Salsa Safely



- Canned cakes or breads are **very** unsafe!
- REMEMBER: Mail order food safety (nchfp.uga.edu – Seasonal tips)
- Glorious Goodies to Send & Receive (www.fightbac.org – all seasons)
- Food safety tips for healthy holidays
(www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm)