



# The Cedar Culinary

News that's good enough to eat!

VOLUME 5, ISSUE 5

MAY 2010

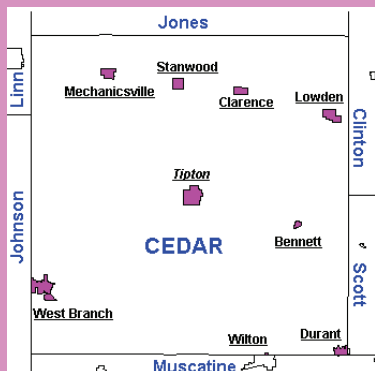
The Cedar Culinary is a monthly newsletter published by Cedar County Health Dept.

## Memorial Day: Drills for the Grills

Grilling season is sure to be in full bloom this month and there are several food safety tips to consider.

### INSIDE THIS ISSUE:

Drills for the Grills	1
Norovirus and Cruise Ships	2
Diabetic Recipe	3
Kids Corner: Facts & Fun	3



Cedar County  
Environmental Health  
& Zoning Department

All food products containing raw animal foods such as eggs, fish, meat, poultry or any combination of these items must be sufficiently cooked until all potentially hazardous germs are destroyed. The minimum internal temperature at which pathogens are destroyed depends upon the type of food being cooked. Steak, roasts or fish should be cooked to 145°F; pork, ground beef or egg dishes to 160°F; and chicken breasts and whole poultry to 165°F. Remember to use a food thermometer to check the internal temperature of the food before serving.

Digital thermometers, available in many kitchen supply and grocery stores, provide a digital readout panel on top of a long metal stem.

Digital thermometers should be placed in food at the end of the cooking time to check for final cooking

temperature. The sensor is located in the tip of the probe, making it ideal for measuring temperatures in thin foods, such as hamburgers and chicken breasts. Digital thermometers are not oven-safe and should never be immersed in water.



The stems of digital thermometers should be inserted about 1/2-inch or less straight into the center of the thickest part of the food or at an angle without touching bone or fat. Digital thermometers are ideal for thin hamburgers, chicken breasts, and smaller pieces of meat or poultry.

When grilling foods never place the cooked food that is ready to serve on the same plate the raw food came out on. Wash the plate or use a clean one to keep foods from becoming contaminated. Also wash any utensils used to place the raw foods on the grill.

# NOROVIRUS

More than 400 passengers were sickened by norovirus on a Celebrity Cruise lines ship in mid-February. That outbreak of gastrointestinal illness is one of eight to hit cruise ships in 2010 — with four in just one week, according to the Centers for Disease Control and Prevention.

The CDC has officially tied many of the outbreaks to the norovirus. Compared to 2009, when there were just 15 total outbreaks on cruise liners, the early 2010 figures may portend a very bad year. Data from the CDC show the number of norovirus outbreaks on cruise liners had been dropping over the last several years, until now.

In 2008, there were 14 outbreaks; in 2007, 17; and in 2006, 32. So far, 2010 is outpacing the number of norovirus clusters recorded in 2006.

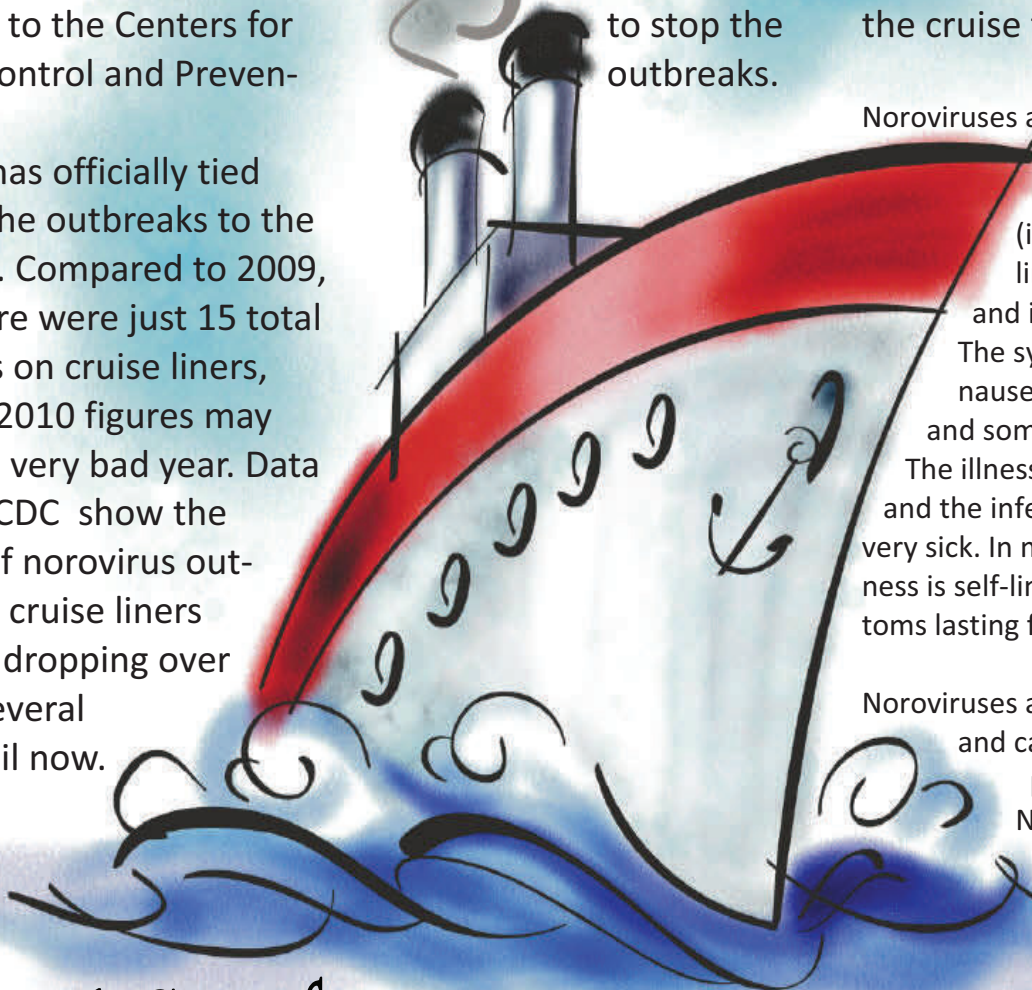
Cruise liners have begun taking extra precautions to try to stop the outbreaks.

Sometimes ships delay boarding to allow crew extra time to clean between cruises. The norovirus has struck three Royal Caribbean ships this year, prompting the cruise line to enforce additional sanitizing on the ships and within the cruise terminal.

\*\*\*

Noroviruses are a group of viruses that cause Gastroenteritis (inflammation of the lining of the stomach and intestines) in people. The symptoms include nausea, vomiting, diarrhea, and some stomach cramping. The illness can begin suddenly, and the infected person may feel very sick. In most people the illness is self-limiting, with symptoms lasting for about 1 or 2 days.

Noroviruses are very contagious and can spread easily from person to person. Noroviruses are found in the stool and vomit of infected people.



**vomiting**  
**Stomach Cramps**  
**Diarrhea**  
**Nausea**

**CONTACT INFORMATION:**

- Cedar County Courthouse  
400 Cedar Street  
Tipton, Iowa 52772
- Phone: 563.886.2248
- Fax: 563.886.2103
- Email: tvoss@cedarcounty.org  
or e&z@cedarcounty.org
- Office Hours: 8 A.M. - 4 P.M.

People can become infected with the virus in several ways:

1. By eating /drinking foods contaminated with norovirus.
2. By touching contaminated surfaces/objects and then placing their hand in their mouth.
3. By having direct contact with an infected person.

# Diabetic Recipes: Tequila-Marinated Hot Chicken Wings

Makes 42-44 pieces.

## Ingredients

3 pounds chicken wings, about 21-22 wings, separated at the joints, wing tips discarded

1/2 cup tequila

1/2 cup chopped fresh cilantro

1/4 cup fresh orange juice

1/4 cup fresh lime juice

2 T. olive oil

1/2 T. cracked fresh pepper

3 large cloves garlic, minced

1 to 2 tsp. Tabasco sauce

1 tsp. grated orange zest

1 tsp. grated lime zest

## Directions:

1. Rinse chicken wings and pat dry with paper towels. Lay in a single layer in a large glass baking dish.
2. In a bowl, combine remaining ingredients. Pour mixture over the chicken wings. Cover and refrigerate overnight, turning chicken wings several times.
3. Preheat oven to 350F.
4. Remove chicken wings from marinade and arrange in a large shallow roasting pan. Bake chicken

wings for 30 minutes.

5. Meanwhile, pour marinade into a saucepan, place on the stove and bring to a full boil; reduce by half, stirring occasionally, about 6 minutes. Set aside
6. Remove the wings from the oven and preheat the broiler.
7. Brush the wings with the reduced marinade and broil until wings are crisp and brown, turning wings 2 or 3 times and brushing with marinade.
8. To serve, arrange wings on a serving platter. Serve warm.

BAC (foodborne bacteria) can be hiding just about anywhere: in your kitchen, on your plate and even on your hands! The invisible enemy can multiply and make you sick. But you can Fight BAC!® by following these important rules:

- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Rinse fruits and vegetables with running tap water before you eat them.
- Wash your hands: Before you make or eat a snack or meal, After playing with pets, and After using the bathroom.
- Always use clean knives, forks, spoons and plates.
- Always use a clean plate. Cooked foods should not be placed on the same plate that held raw meat, poultry or fish.
- Only put food on clean surfaces. Never put your sandwiches or snacks on a dirty table or counter.
- Put backpacks and books on the floor. Don't put them on the kitchen table or counters.

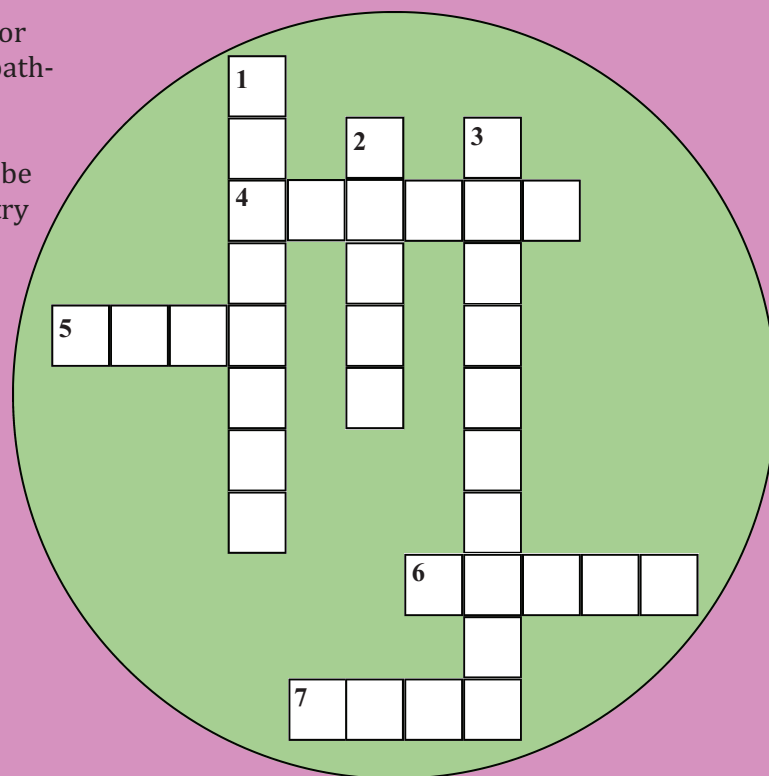
### DOWN

1. Place your \_\_\_\_\_ on the floor, not on the kitchen counter or table.
2. Always use clean knives, spoons, plates and \_\_\_\_\_.
3. Use cold water to wash fruits and \_\_\_\_\_.

### ACROSS

4. Place \_\_\_\_\_ foods on a clean plate.
5. Wash your hands with warm water and \_\_\_\_\_.
6. Counters should be \_\_\_\_\_ before you put food on them.
7. Wash your hands after playing with \_\_\_\_\_.

## Kids Corner: Facts & Fun



Answers: Down 1-backpack 2-forks 3-vegetables Across 4-cooked 5-soap 6-clean 7-pets