Meat, Poultry and Seafood Cooking Tips

- Meat, poultry and fish are sometimes soaked in a mixture of vinegar or wine and oil with various spices and herbs before cooking. The uncooked meat in the marinade is <u>highly perishable</u>. To marinate meats safely: 1. Always marinate meat, poultry and fish in a covered container in the refrigerator. 2. Do not marinate more than 24 hours. 3. Discard any leftover marinade.

- Marinate Mutton in Red Wine in a covered container in a refrigerator for 6 to 8 hours to tenderize it. *Do not marinate for more than 24 hours.*

- To make Soft & Juicy Tandoori / Fried Chicken, marinate Chicken in Butter Milk in a covered container in a refrigerator for 4 to 6 hours to tenderize it. *Do not marinate for more than 24 hours.*

- For a juicier Ham Burger, Add Cold Water to the minced meat, before Grilling.

- While cooking non-vegetarian dishes, for safety, ensure that the internal temperature of the food item is at least 65 degrees Celsius for Lamb, 75 degrees Celsius for chicken-minced/ ground, 77 degrees Celsius for chicken breasts and 82 degrees Celsius for whole Chicken/ thigh/ leg pieces.

- To tenderize Meat, while cooking, add a few pieces of raw Papaya to the meat. Papayas tenderize the meat and make it more tasty. They are also good for your liver, digestion and contain vitamins A, B, C and D.

- When cooking meat, cook at a low temperature for a long time. This will keep the meat tender and will also retain all its juices.

- While deep frying meats, poultry and seafood, avoid crowding of the food items. The food items should be surrounded by bubbling oil and you must keep the temperature from falling too much. If you add too many food items to a small amount of oil, the temperature will go down and the fried food will turn out greasy and soggy.

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- Always cook seafood thoroughly and ensure that internal the temperature of the seafood is above 65 degrees Celsius. Use a food thermometer, if possible. Otherwise, insert a sharp knife to check if the center position of the seafood has become translucent and flakes have started separating. Let it stand for 3-5 minutes to cook completely.

- Cook seafood thoroughly before eating. Eating raw/contaminated seafood may cause serious illness especially to persons suffering from diabetes, liver, stomach and immune disorders, cancer, asthma and arthritis.

- Plastic food cutting boards are preferable to wooden food cutting boards because cracks and cuts in wooden food cutting boards can harbor bacteria.

- Try to use one cutting board for vegetables and fruits and a separate one for raw meat, poultry, and seafood.

- If packaged raw meat appears grey or brown, it may be beginning to spoil.

- Buy eggs with shells which are rough and chalky, they are fresh. Don't buy eggs which are smooth and shiny, they are old

- Avoid recipes that call for eggs to remain raw or partially cooked. Cook eggs until yolk and white are firm, not runny. Scramble eggs to a firm texture.

- You can whip cream better and beat eggs faster by adding a pinch of salt to the cream/ eggs.

- Do Not Use Metal Bowls to mix Salads, use Wooden / Glass Bowls instead.

- For smoother and tastier Curries, use Tomato Puree instead of Fresh Tomatoes.

rare recipes
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- To thicken any Gravy / Soup, add Corn flour to it. Remember to mix it in water before adding, to avoid lumps.

- Always add hot water to a Gravy. It will enhance the flavor of the dish.

- A little Sugar added to the Gravy makes it tastier.

- To add a mild chili flavor to your dish, poke holes in a chili of your choice with a toothpick and add it to a dish that is already cooking. When cooking is complete, remove the chili from the dish.

- Never over-cook chinese food. Over-cooking spoils its flavor.

- It's dangerous to eat any cooked food (including foods like pizza, fried chicken or chinese food) that has been stored at room temperature for two hours or longer. The reason is that temperatures between 40° F and 140° F provide the perfect breeding environment for "pathogenic bacteria" which causes food borne illness. Pathogenic bacteria, generally does not affect the taste, smell, or appearance of food.

- If you're not sure whether a food item has gone bad, remember that smelling or tasting the food is not a good indicator of safety. That's because most harmful bacteria can't be seen, smelled or tasted. The best policy is to simply throw it away.

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