

### Food Safety Tips...

Ring in the New Year with great tips for food safety.

**Clean: Wash hands and surfaces often**

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.

**Separate: Separate raw meats from other foods**

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

**Cook: Cook to the right temperature**

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.

**Chill: Refrigerate foods promptly**

- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.

*Tips courtesy of FDA.*



### Fresh Inspirations...

#### Chicken Wild Rice Soup

##### Ingredients

- |                              |                                    |
|------------------------------|------------------------------------|
| 3/4 Stick Butter, melted     | All-Purpose Seasoning to Taste     |
| 3/4 Cup All Purpose Flour    | 1 Lb. Rotisserie Chicken, shredded |
| 1/4 Cup Olive Oil            | 1-1/4 Cups Wild Rice               |
| 1 Cup Carrots, diced         | 2 Cups Heavy Cream                 |
| 1 Cup Celery, diced          | 1 Cup Whole Milk                   |
| 1 Cup White Onion, diced     | 1 Quart Chicken Stock              |
| 1 Tbsp. Dried Thyme          | 3/4 Cup Toasted Almonds, sliced    |
| 1 Clove Fresh Garlic, minced | 1/2 Bunch Italian Parsley, chopped |
| 2 Bay leaves, broken         | Salt and White Pepper to Taste     |

##### Directions

Cook chicken, chill and pull or shred into medium-sized pieces. Cook wild rice in water until rice is fully bloomed and grains have opened completely then set aside. In a saucepot, combine flour and butter to make a roux and cook until roux is a toasted color. In a large stock pot add oil and heat. Sauté carrots, celery and onions then add thyme, garlic, bay leaves, all-purpose seasoning, rice, chicken, stock, cream, milk and adjust seasoning. Add roux in small amounts and let cook in to thicken. Add almonds and chopped parsley at the end and stir in well. Adjust seasoning as needed with salt and white pepper.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoproud.org](http://www.coloradoproud.org) for a complete list of recipes.

Next Month... **Colorado Beef**