

HOLIDAY MEAL PREPARATION

Safe Methods For Thawing

- In the refrigerator, in it's original packaging, and on a pan to catch juices
- Under constantly flowing cool water
- In the microwave (cooked immediately)
- Do NOT leave a frozen turkey in the kitchen sink, on the counter, or any place where temperatures cannot be constantly monitored

Safe Preparation

After working with raw poultry, always wash your:

- hands,
- utensils, and
- work surfaces before they touch other foods

Safe Stuffing

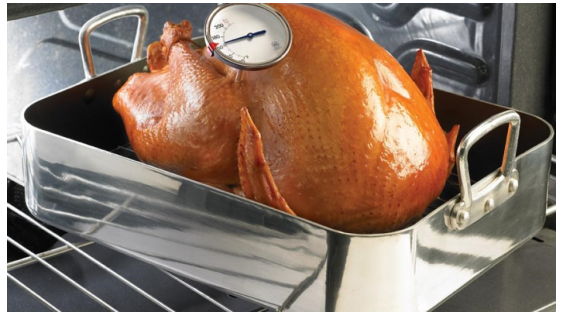
- Cooking the stuffing outside of the turkey in a casserole dish gives the best results for cooking
- If you do cook the stuffing inside the turkey, use a food thermometer and make sure the center of the stuffing reaches 165°F

Safe Cooking

- Check the temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer

Proper cooking temperatures for:

- Turkey: 165°F
- Ham: 145°F
- Duck: 165°F



Put it back in the fridge!

- Certain items should not be left out at room temperature for long periods of time. Place the following items inside an ice bath while out on the table:
 - Shrimp cocktail
 - Chips/vegetables and dip
 - Meat and cheese trays
- Replace with fresh ice as often as necessary. Make sure food items are at or below 41°F. When you are finished, always put them back in the refrigerator.
- Once food reaches a temperature of 70°F or higher, it must be disposed of and cannot be eaten.

Warning: May Contain Raw Eggs

- HCPH suggests caution in consuming raw or lightly cooked eggs due to the slight risk of contamination by Salmonella or other foodborne illnesses.
- HCPH suggests using only *pasteurized* whole eggs or egg substitute.
- Egg Nog must be stored and maintained at an internal temperature of 41°F.
- Always place the cookie dough back into the refrigerator when you are not using it.
- Cheesecakes and other desserts made with eggs should be stored in the refrigerator and maintained at 41°F when not being served.

