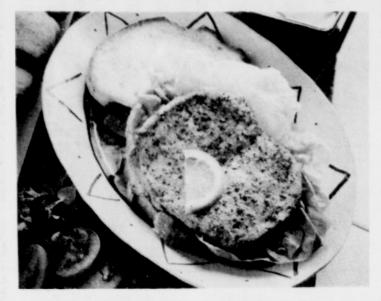
MARCH 31, 1993 • THE PORTLAND OBSERVER



Pork Piccata Sandwiches



4 3 to 4 ounce pork cutlets, 1/8 to 1/4 inch thick Lemon pepper

- 2 teaspoons butter 4 large sandwich buns, split
- Lemon wedges

Coat cutlets will with lemon pepper to taste. In an large non-stick skillet, heat butter to sizzling. Add cutlets (do not crowd) to hot pan; cook quickly to brown both sides, turning once. Place cutlets on buns; serve with wedge of lemon. Makes four sandwiches.

Approximately, per serving; Calories: 269; Fat: 10 gm; Cholesterol: 85 mg

Served with sliced tomatoes

COUPON COOKBOOK CORNER Marion Joyce

SAFE FOOD HANDLING TIPS Hospital emergency rooms treat thousands of cases of food poisoning every year. Improper handling of your food can cause illness or even death. One cannot always see, smell or taste that something

is wrong with your food. 85 percent of cases of food poisoning could be avoided if people just handled food properly. Bacteria can multiply to the millions in a few hours. When you shop, buy foods that need refrigeration or freezing last. Get them home and refrigerate immediately. Check expiration dates. Don't buy anything you won't use before that date. Once packaged food is opened, it often needs to be refrigerated. Read labels. When you serve food that needs refrigerating, never leave it out over 1 hour. In hot weather food may spoil sooner than this. Serve hot food hot, and cook until bacteria are destroyed. Keep cold food cold till serving. Eggs, meat, poultry and fish products should always be cooked thoroughly. Cook red meat to 160°F., poultry to 180°F. Use a meat thermometer to check that it's cooked through. Check visually: red meat is done when it's brown inside. Poultry is finished cooking when juices run clear, not pink and meat has no pink, fish flakes with a fork. Never buy or use cracked or dirty eggs, but Salmonella, a bacteria that causes food poisoning, can grow inside fresh, unbroken eggs. Cook eggs until the yolk and white are firm textured, not runny. Don't use recipes in which eggs remain raw or only partially cooked.

Even if you have followed cooking time directions, your microwave may leave cold spots in food. Continue cooking food until cooked throughout, because bacteria can survive in these spots. Stir and rotate food for even cooking. Observe the standing time called for in a recipe, so food finishes cooking. Insert oven temperature probe or thermometer at several spots to check that food is done to proper temperature. Remember, if you even suspect food may be bad "WHEN IN DOUBT, THROW IT OUT!"



Want Designer Soft Drinks? You're Not Alone



Science Of Soft Drinks-Tammara Millette Lewis, left, a food scientist fore the Pepsi-Cola Company, joins Pepsi marketing director, Debra A. Sandler, to launch new flavors for the popular "Slice" brand soft drink at Pepsi's Research and technical Services Center in Valhalla, N.Y.

We have all heard of designer Our Slice trademark is best known as shoes, designer shirts, designer dresses a fruit flavored soft drink which makes