

FOOD & NUTRITION

DOING YOURSELF A PARTY FAVOR WITH HOLIDAY EATS

This is the season of good tidings and good cheer. It should also be the season of good and safe food. Office parties and potlucks are plentiful this time of year. Oregonians can enjoy all the wonderful treats the holidays have to offer by practicing a few simple common sense rules.

"This is a time of year when new recipes are tried out, new dishes are brought in," says Ron McKay, field operations manager of the Oregon Department of Agriculture's Food Safety Division. "People are asked to bring to a party certain foods that may not be their specialty. It is a time for potential problems to show up."

There is always a chance that good food may go bad, but the opportunity seems to be greater in that period of time between Thanksgiving and Christmas.

"Even with the best of intentions, a lot of goods brought to these

office parties and potlucks are not kept cold enough or hot enough," says McKay.

Temperature abuse of food is the biggest concern. Warm food need to be kept warm and cold foods need to be kept cold throughout the length of the party, not just prior to serving.

"Make sure refrigerated foods brought from home are kept refrigerated," says McKay. "If refrigerators aren't available at the office or wherever the party is being held, then bring an ice chest. If foods are going to be served warm, make sure there is an electrical outlet so that warming ovens and crockpots can be used to keep the foods hot. The food shouldn't be brought from home and left unheated for several hours before being placed in a microwave just prior to serving."

There is a certain temperature zone that is conducive to bacterial

growth on food. Allowing many prepared foods to stay at a temperature between 45 and 140 degrees Fahrenheit for a couple of hours is inviting trouble. Refrigerated foods may sit out in room temperature for much of the afternoon or something in a crockpot may not be maintained at a high enough temperature to keep bacterial growth in check.

"A food product that is going to sit out four or five hours during the day it is going to be consumed shouldn't be taken home and fed to the family afterwards," recommends McKay. "By the end of that fourth hour, the food may not be safe to feed to your coworkers or party guests either."

Certain types of food require more attention than others. Meat dishes, dairy products, salad dressings and party dips all promote rapid bacterial growth if not kept at proper temperatures. Fresh fruits and vege-

tables may get dried out over the course of a party, but there is very little food safety concern.

Food preparation is always a concern no matter what time of year. Many potluck participants will do their cooking the night before the party. Once again, proper handling of the food is important. Don't mix and match different types of food during preparation.

"There is always the chance for cross-contamination in a situation or an area where you handle both raw and ready-to-eat products," says McKay. "For example, using the same cutting board or the same knife for a raw meat as well as preparation of a salad can lead to problems. Utensils, cutting surfaces, and hands should be washed thoroughly after handling a raw product before handling a ready-to-eat product."

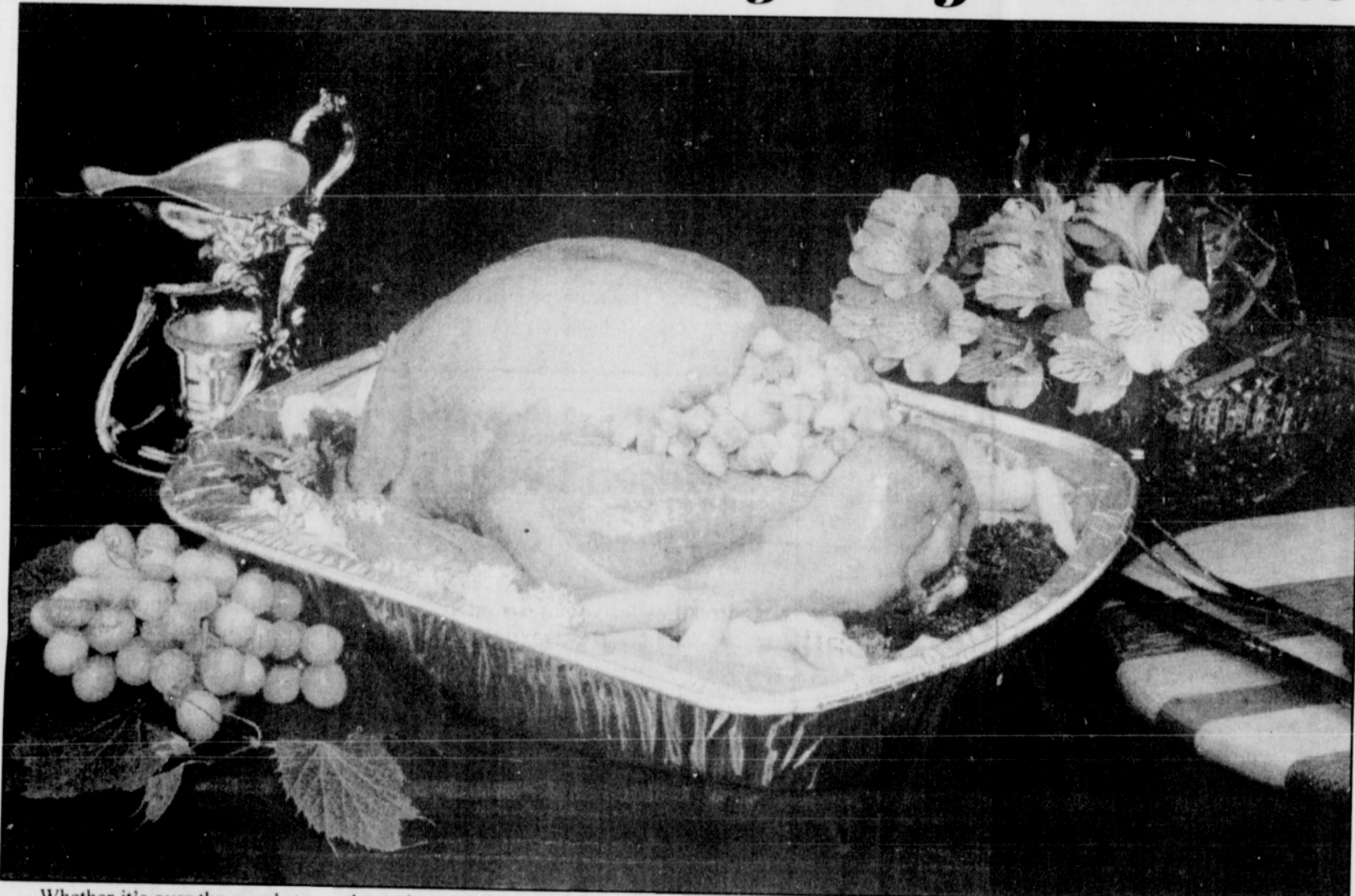
After preparing the food, once

again proper storage is essential until it's time to eat. Foods prepared the night before the party need to be properly cooled and refrigerated, even if they are meant to be served warm. McKay recommends cooling the food in a shallow pan after preparation, keeping it refrigerated overnight, heating it quickly the following morning prior to serving it at the party, then keeping it at the proper temperature.

"A crockpot doesn't necessarily reheat something quickly," he says. "So you may need to put it in an oven or a microwave to heat it quickly before putting it into the crockpot to hold it at a safe, warm temperature."

Finally, a reminder that many leftovers should be discarded following the party, especially those that need to be kept either warm or cold. As is the case for all leftovers from all meals, when in doubt, throw it out.

EZ Foil Makes Turkey Easy To Handle



Whether it's over the woods to grandmother's house or 'round the corner to the neighbor's condo, the EZ Foil SupeRoaster will make the holidays a little more festive!

Built to hold up to 25 lbs., the EZ Foil SupeRoaster with or without handles has a new shape which fits

the turkey, particularly larger turkeys. The deep side walls of the SupeRoaster make it easy to baste and there is plenty of extra room to add vegetables.

The SupeRoaster's heavy duty construction and innovative design, make an ideal way to transport your

holiday dinner. The new design also provides for more efficient use of heat and oven space.

And consumers will enjoy the special introductory offer from EZ Foil. With the purchase of turkey and a SupeRoaster, consumers can take advantage of a

mail-in refund offer which will give them a \$2 rebate--that's a lot to be thankful for! Complete details are on the label of the SupeRoaster can be found in supermarkets, mass merchandise and discount stores...and in ovens all across America!

Cranberry Cappuccino Biscotti

- 2 1/3 cups flour
- 1 cup sugar
- 3 tablespoons cocoa
- 2 tablespoons instant coffee granules
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 3/4 cup whole almonds, coarsely chopped
- 2 eggs 2 egg whites
- 1 tablespoon vanilla
- 1 1/2 cups Ocean Spray fresh or frozen cranberries, coarsely chopped

Combine dry ingredients in a medium mixing bowl. Combine eggs, egg whites and vanilla in a separate mixing bowl. Add to dry ingredients, mixing just until moist, using an electric mixer on medium speed. Add cranberries; mix thoroughly.

On a floured surface, divide dough in half and pat each half into a log about 14-inches long and 1 1/2-inches wide. Place on a cookie sheet and bake for 30 minutes or until firm. Cool on a wire rack.

Reduce oven temperature to 300 F. Cut biscotti into 1/2-inch slices. Stand upright on cookie sheet. Bake for an additional 30 minutes. Let cool and store in a loosely covered container. Makes 2 1/2 dozen cookies.

RAGIN' CAJUN MARKET

With the holiday season upon us there are many looking for something different to serve their families and friends. Here to offer more than the usual for preparation during the holidays is Ragin' Cajun Market, Inc. The owners of Ragin' Cajun Market, inc. have been offering to the northwest the culinary delights that have made Louisiana world renowned.

Located in the O.A.M.E. Cascade Business Center, RCM, Inc. is an active participant in the community having provided donations to churches, mentoring high school students, etc. RCM, Inc. plan to continue and expand its role in the community through business expansion and community-based hiring.

RCM, Inc. is one hundred percent minority owned and operated. Its owners Arthur and Linda Oliver, are Louisianians who have spent

the previous years developing, testing and finally bringing to you the finest of cajun and creole products. The products offered are all natural.

The company is proud to acknowledge they perform their own blending and packaging of all products, not wanting to compromise on the quality. The selection of cajun and creole products range from the traditional jambalaya and gumbo mixes to beignets (pronounced ben-yahs), deep friend French donut squares and creole rice, made with blended herbs and seasonings with pecans and raisins. Their products can be found locally at E&M Market, Sweet's Fish and Meats on North Vancouver, 15th Avenue Select Market on NE 15th & Brazee, Food Value Stores and other fine independent grocers. Bring home for your holidays the unique flavors of Louisiana!

HOME FOR THE HOLIDAYS

Prices Effective December 20 through December 26, 1995 at your nearby Safeway store.



Tender Bone-In Smoked Ham

- Shank Portion, Ham & Water
- Butt Portion, 98¢-lb
- SAVE UP TO 81¢ LB

88¢
lb

Fresh Natural Grade A Turkey

- Manor House
- 10 to 23-Pounds
- SAVE UP TO 40¢ LB

79¢
lb

"Prime" Rib Beef Roast

- Bone-In Rib Eye or Boneless Beef
- New York Strip Roast
- SAVE UP TO 1.31 LB

2⁹⁸
lb

Safeway will close at 7PM on December 24 and all Day Christmas Day...to allow our store employees to spend time with their families. All stores will be open regular hours Tuesday, December 26.



Sunkist Seedless Navel Oranges

• SAVE TODAY AT SAFEWAY

5\$1
lbs

Premium Beauregard Holiday Yams

3\$1
lbs

Look For Your Safeway Weekly Shopping Guide In Your Mail Box...And Save More Shopping At Safeway!

Enjoy Extra Savings With The **SAFEGWAY EXTRA In-Store Savings Guide** Available at your Safeway store.