

How to Handle Produce Safely

- Discard any produce (fresh fruits and vegetables) that is slimy, mouldy or that smells off.
- Wash your hands thoroughly with hot soapy water before and after handling produce.
- Wash all produce just before cutting, peeling or eating even if the outer rind is not being eaten. Washing is necessary as any bacteria on the outside can be transferred to the inside when an item is cut or peeled.
- Soap, chlorine bleach and vinegar can leave residues and should not be used when washing produce.
- Use a vegetable scrub brush when washing produce with rough surfaces such as cantaloupe, potatoes and squash.
- Discard outer layers of lettuce, cabbage and other leafy vegetables.
- Leafy green or dense vegetables such as broccoli, cauliflower and Brussels sprouts should be soaked in water to dislodge dirt. Follow by rinsing thoroughly under cool running water.
- Do not return washed produce to its original packaging.
- Use a clean cutting board and a clean knife for cutting produce; wash the cutting board and knife with hot, soapy water after using.
- All cut fruits and vegetables must be refrigerated.

TWO CHEESE MASHED POTATOES

4 cups cubed peeled baking potatoes	1/8 tsp freshly ground nutmeg
1/3 cup milk (2%)	1/2 cup shredded Monterey Jack cheese
1 tbsp salted butter	1/4 cup freshly grated Parmesan cheese
1/2 tsp salt	2 tbsp sliced green onion
1/4 tsp freshly ground pepper	

Cook potatoes in boiling salted water until tender; drain. Add next 7 ingredients (milk through Parmesan cheese). Using medium speed of an electric mixer, beat potato mixture for 1 minute or until smooth. Do not overbeat. Stir in onion. Serves 3 - 4.

SPICY POTATO WEDGES

4 large baking potatoes	1 tsp ground allspice
1/4 cup canola oil	1/4 tsp cayenne pepper
2 cloves garlic, crushed	1/4 tsp salt
1 tbsp paprika	1/4 tsp freshly ground pepper
1 tsp coriander	

Cut each potato lengthwise into 8 wedges. Combine remaining ingredients (oil through pepper) in a heavy plastic bag. Add potatoes and squeeze bag to coat potatoes with seasoning mixture. Remove potatoes from bag and place in a single layer on a greased jelly-roll pan. Bake, stirring occasionally, at 400°F until potatoes are browned and crisp, about 40 - 45 minutes. Serves 4 - 6.

Cooking Safely

The kitchen is often seen as the heart of our home. We cook here, gather here and enjoy meals here. Because this is such an important room, it makes sense to keep these safety tips in mind:

- Cooking-related fires cause most home fires in Canada. Don't leave cooking food unattended. Even if you're leaving the stove for 'just a few minutes', play it safe. Turn off your stove before you walk away.
- Never pour water onto a cooking oil fire! This will cause the fire to flare and spread. Turn off the stove and put a lid on the pot to smother the flame.
- To deep-fry safely, use an electric deep fryer with a temperature control. It's safer than frying food in a saucepan or frying pan.
- Don't wear loose clothes while cooking and keep long hair out of the way. A stovetop electrical coil reaches a temperature of 800°F and a gas flame climbs over 1,000°F. A dishtowel, potholder or a loose sleeve can catch fire at 400°F.
- When broiling, do not place aluminum foil under meat; the fat retained on the foil can catch fire. To reduce the risk of fire, add water to the broiler pan.
- Be careful when removing lids from hot pots or pans. Always open the lid away from yourself.
- Always turn pot handles toward the back of the stove to prevent them being jostled or grabbed by curious toddlers.

Kitchen Safety

- Keep a fire extinguisher near the kitchen towards the exit. Contact your local fire department for information on types of fire extinguishers.
- Wipe up spills and clean your oven. Built-up grease can catch fire.
- Keep the hood, filter, fan and duct above the stove clean. Grease build-up is a fire hazard.
- Don't store items on the stovetop or toaster oven, as they could catch fire. Don't use the oven as a storage bin; forgotten items may ignite the next time you preheat the oven.
- Keep children and pets away from the stove, especially when opening the oven.
- Keep electrical cords of appliances at the back of the counter. Pets and young children won't be tempted to tug on them.
- Keep knives in a secure place out of the reach of small children. If you use a knife block, keep it at the back of the counter so it can't be knocked over.
- If you have a fire start in the oven, turn off the oven and keep the oven door closed until the fire is out.
- If you have a fire in the microwave oven, unplug the microwave and keep the door closed.