



### Inside this issue:

Food Safety at Events	2
3D Food	2
Olympian Diet	2
Chili Powder or Chile Powder	3
Stock vs. Broth	3
Food Safety Conference	3
Yeast	4
Food Trends	4

## Cauliflower Power!



Look for other colors of cauliflower such as green, yellow and purple.

Forget boring, steamed, plain cauliflower. This fall and winter vegetable can change up many meals, including pizza!



Instead of mashed potatoes for a side dish, mash up some cooked cauliflower. Natural pectin gives the mashed or pureed cauliflower a velvety texture. Try shredding or finely chopping to replace

rice or couscous. A 1/2-cup serving of cauliflower has 16 percent fewer carbohydrates and 79 percent fewer calories than the same amount of potatoes.

And what about using it in pizza? It replaces the flour to make a flourless crust. Cauliflower is crumbled fine in a food processor, then sautéed to soften. Bind together with an egg and mozzarella cheese and season with herbs. Spread onto a baking sheet to create a crust.

Purple cauliflower is actually a type of broccoli that turns purple. It looks a lot like cauliflower and the color is best when eaten raw.

Select compact heads without brown spots. The browning is due to downy mildew from wet conditions.

Source: [www.eatingwell.com/recipes/mediterranean-cauliflower-pizza.html](http://www.eatingwell.com/recipes/mediterranean-cauliflower-pizza.html)

<http://urbanext.illinois.edu/veggies/cauliflower.cfm>

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## Gluten Free Cookie for Girl Scouts

Has your favorite Girl Scout knocked on your door recently? This year they are selling a new gluten free cookie.

The bite size Gluten Free Chocolate Chip Short-

bread cookie is being sold in 20 councils across the country as a test market.

The cookie contains a flour blend with a rice and tapioca flour base. They contain less than 20 ppm

gluten set by the Food and Drug Administration and the 5 ppm limit set by the Celiac Sprue Association.

Source: [www.abcsmartcookies.com/gf-cookie-councils](http://www.abcsmartcookies.com/gf-cookie-councils)

## Food Safety at Community Events

At an Ohio church festival in 2010, an outbreak of Salmonellosis occurred causing 64 illnesses. The source was pulled pork prepared in a private home and sold at the event. The problem was temperature abuse of the meat.

While many of these events are exempt from food safety licensing and

inspection, food safety is still important to prevent unfortunate illnesses.

In Kansas, a license is not required if the temporary food establishment operates less than seven days in a year. Food may not be prepared in a private home. Food served in the food establishment that is not prepared onsite must be

produced in a licensed commercial kitchen.

For more information on this and how to manage a community event with volunteer help, see the Kansas Department of Agriculture website at <http://agriculture.ks.gov/divisions-programs/food-safety-lodging>.



**Salmonellosis at Ohio Festival**

## 3D Food—Print Your Food!

**Besides 3D candy, other foods such as pasta, bread, vegetables, and designer fish and chips are being explored.**

Food technology is amazing. Last year, the first 3D food printer was introduced that will print food in shapes.

The machine is about the size of a microwave oven.

It is currently being used in making chocolate and sugar candy. The price of the machines run about \$5,000 to \$10,000.

Besides 3D shapes, the

printers can print good quality photographs for cake decorating.

Learn more at <http://3dprintingindustry.com/food/>.

## Inside the Diet of an Olympian

The Olympic motto is *Citius, Altius, Fortius* (Faster, Higher, Stronger). But for the athletes themselves, nutrition, genetics and training are their three keys to optimum performance.

With the help of registered dietitians, foods are recommended to give lean body mass and meet endurance, agility and skill needs. Even within teams, diets are very individual. Carbohydrates are important to allow muscles to store large amounts of glycogen. Protein is needed to promote muscle protein synthesis. Good hydration is also important at all times.

For Olympians and those who watch the Olympics, good food choices can give the advantage for a healthy lifestyle to win each day.





Charleston hot peppers at varying stages of maturity  
USDA/ARS



## Chili Powder or Chile Powder?

Chili soup is a favorite meal to warm up cold days. Add some kick to chili soup with spices and seasonings. A typical spice is chili powder, or is it chile powder?

Chile powder is typically made from a single variety of pepper. The peppers are dried and ground into a powder. It should be labeled with the type of pepper.

Chili powder is a blend of ground peppers and other spices such as cumin, oregano, and garlic. These blends are typically milder in flavor.

The heat will vary by type of pepper. The heat is measured in Scoville units. The higher the number, the hotter the pepper. Growing conditions can also affect heat as dry, hot, arid climates will increase heat.

Simply adding hot red pepper flakes to chili soup can also add visual interest and a kick of flavor!

Source: The Spice Book, Arabella Boxer

## Stock vs. Broth

Many recipes use stock or broth. Is there a difference?

By definition, a stock is made from meat and bones. It may or may not have other ingredients

such as vegetables and seasonings. The bones add "body" to the liquid from gelatin in bones. When it is chilled, it will become thick.

Broth is made from

meat, vegetables and seasonings. The primary flavor is from the meat. It will also have a thinner consistency.

Source: Fine Cooking

**Making homemade broth or stock allows more control of sodium content as compared to commercially made products.**



Partnership for Food Safety Education

## Food Safety Education Conference

The Partnership for Food Safety Education is holding a Consumer Food Safety Education Conference.

This conference will be held in Arlington, VA on December 4-5, 2014. The theme is "Together: A Food Safe America".

Other events and webinars are also available throughout the year. All of these events are free. Dates and information can be found at [www.teamfoodsafety.org/events](http://www.teamfoodsafety.org/events).

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## Troubleshooting Yeast



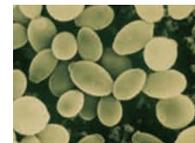
Making homemade bread is challenging and satisfying. Yeast is a critical ingredient to yeast bread success or failure. Here are some tips.

- **Expiration date**—Yeast is a single-celled microorganism that is alive. Over time it can die. Always use it before the expiration date. It should smell earthy or “yeasty.”
- **Liquid temperature**—The optimum temperature range is

between 70-138°F. Below 70°F is too cold to activate yeast. Above 138°F will kill yeast. Optimum temperature depends on type of yeast.

- **Salt**—While important to regulate dough proofing, adding salt before yeast activates and multiplies can restrict moisture to yeast and starve it to death.
- **Not punching down dough**—During proofing, the dough creates alcohol. Without punching down, too much trapped alcohol will poison the yeast.

Source: Fine Cooking, Feb/Mar 2014



## Food Trends for 2014

From Campbell’s Culinary & Baking Institute, here are the top 10 food trends for 2014.

1. Brazilian Cuisine—seafood stews and grilling
2. Food Waste Awareness—using leftovers and composting food scraps
3. Fresh Juices—brighten meals with fresh squeezed juice
4. Sophisticated Sweets—enhanced with spices and botanicals
5. Savory Yogurt—applications in condiments, baked goods and snacks
6. Beverage-inspired Flavors—the bar moves into hot sauces and barbecue
7. Burgers Gone Bold—new buns and a variety of meats
8. Fermentation of Foods—tart and intense meet umami flavors
9. New Jewish Deli—tradition gets a modern twist such as Jewish-Asian Global Fusion
10. Mexican with Regional Flare—explore Mexico with regional foods

Source: Prepared Foods, Jan 2014