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Emergency Food Safety



Keep an appliance thermometer in the refrigerator and freezer at all times.

Winter is in full control which can lead to power outages from storms. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and



frozen food at or below 0 °F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times.

Source: <http://1.usa.gov/II92N9>

Toast New Year with Safe Eggnog

Homemade eggnog is a tradition at many parties during the holiday season. But each year this creamy drink causes many cases of *Salmonella*. The ingredient responsible? Usually raw or undercooked eggs.

Make eggnog safe with a cooked egg base. Combine eggs with half the milk. Gently heat to 160° F stirring constantly. Remove from heat and chill before adding other ingredients.

Don't count on alcohol to kill bacteria. Instead of raw eggs, used pasteurized eggs or egg products.

Learn more about eggnog safety at www.foodsafety.gov/blog/eggnog.html.

Blackberry Juice Potential Antimicrobial

Berries such as blueberry, blackberry and raspberry have shown functional properties such as antioxidant power. Now, blackberries, may show promise as a natural antimicrobial to prevent foodborne illness.

Research found that blackberry juice significantly inhibited the

growth of *Listeria monocytogenes*, *Salmonella typhimurium*, and *E. coli* O157:H7. Tests were conducted on broth, skim milk, and whole milk with 10% blackberry juice added at different points in time.

The juice also promoted the growth of good bacteria. *Lactobacillus bac-*

teria are used as probiotics to help improve gut health. Blackberries contain high amounts of antioxidants that have potential anti-cancer properties.

Source: <http://bit.ly/1dikPvE>



USDA/ARS

▼
The tart, bright red fruit can be used fresh or dried. The lycopene compound can be used as a natural food color.

What is a Buffaloberry?

Buffaloberries are native to North America and historically used by Native Americans. This underutilized berry may be the next super fruit.

In a study published in

the Journal of Food Science, researchers found high amounts of lycopene and a related compound, methyl-lycopene. Both have antioxidant properties.

Buffaloberry plants grow well in poor soil and dry climates. Interest is growing in planting buffaloberries on Indian Reservations to boost economic value.

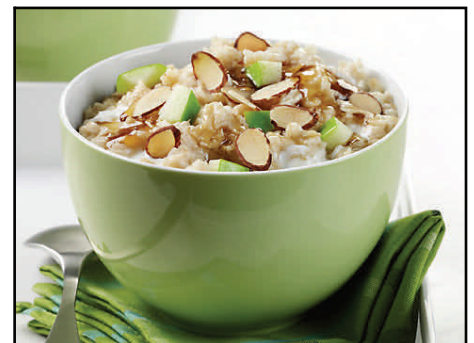
Source: <http://bit.ly/1eVTh0i>

Oats Featured in January

Cold temperatures inspire warm foods and oats can make a toasty breakfast. In fact, oatmeal is rated first among breakfast food choices. It ranks high in satiety and curbs hunger the longest.

Health benefits abound as oatmeal and oats can help lower blood pressure and reduce risks for type 2 diabetes. Oats reduce the use of laxative medications because of the high soluble fiber content. Beta-glucans in oats can help reduce risks for some cancers.

Besides breakfast, oats can be found in main dishes to desserts. For more information and inspiration to use oats, see <http://wholegrainscouncil.org/whole-grains-101/oats-january-grain-of-the-month>.



Oatmeal with apples and almonds
 USDA/ARS

History of Buffalo Wings



A staple of many restaurant menus today, the Buffalo wing snack food is a relatively new concept. In the Southern states, deep-fried chicken wings have been a staple for years. The idea of making them hot wings began in 1964 at the Anchor Bar in Buffalo, New York.

The owner of the Anchor Bar took leftover wings, coated them in hot sauce as a quick and easy snack for her son and friends. She served them with celery and bleu cheese dipping sauce. At that moment, “Buffalo Wings” were born and have been a party appetizer favorite ever since.

Super Bowl parties typically feature Buffalo Wings. The National Chicken Council estimates over 25 billion wing portions were sold in 2012.

Learn more at <http://bit.ly/1brE3f3>.



Do Your Cookie’s Crumble?

Holiday cookies can dress up any party. Here are some tips for misbehaving cookies.

- Too dense—reduce flour by 15%; could be old leavening.

- Too puffy—too little sugar or flour; use butter instead of shortening; dough is too cold.

- Too crumbly—needs more gluten from a

higher protein flour.

- Too thin—too much fat or sugar. Try shortening instead of butter. Replace some white sugar with brown sugar.

For more tips, see back page!



Photo: www.fda.gov

Antibiotics in Farm Animals

The Food and Drug Administration (FDA) is implementing a voluntary plan with industry to phase out the use of certain antibiotics for enhanced food production.

Antibiotics are added to the animal feed or drinking water of cattle, hogs, poultry and other food-producing animals to help them gain weight faster or use less food to gain weight.

FDA is working to address the use of “medically important” antibiotics in food-producing animals for production uses, such as to enhance growth or improve feed efficiency. These drugs are deemed important because they are also used to treat human disease and might not work if the bacteria they target become resistant to the drugs’ effects.

Read more about this plan at www.fda.gov/ForConsumers/ConsumerUpdates/ucm378100.htm.

Knowledge for Life

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Break the Chill with Soup!



Let's go pantry shopping and create a soup! Here are simple steps to make soup for four adults.

1. Choose a fat—2 tablespoons butter, oil, or margarine. Heat in large soup pot.
2. Add 1 medium chopped onion and cook until tender.
3. Add 2-3 cups chopped vegetables of your choice either fresh, canned or frozen
4. Pick a protein. Add to pot.
1 pound beef, chicken, ham, etc. or
1 (16 oz) can beef, chicken, ham or
1 (16 oz) can beans
1 cup grated cheese
5. Select a starch. Add to pot.
3-4 cups diced potatoes or
2 (16 oz) cans beans or
4 oz noodles or pasta or
1/2 cup uncooked rice
6. Add 4 cups liquid of your choice and cook 20-30 minutes.
7. Season with herbs. Simmer 5 minutes. Serve hot and enjoy!

Source: www.ksre.ksu.edu/humannutrition/doc13246.ashx



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On the Web at
www.rrc.ksu.edu



Cookie's continued...

- Too thick—too much flour or not enough sugar. Reduce flour by 15%. Replace some brown sugar with some white sugar.
- Too chewy—Too little fat; too little white sugar; or too much gluten. Replace some all purpose flour with cake flour. Add 10% more butter.



Other tips include:

- Not overmixing the dough. This develops gluten making cookies tough.
- Space drop cookies about two inches apart for even baking.
- Check oven temperature for optimum results.
- Cool cookies completely before storing.

Source: Fine Cooking, Dec 2013/Jan 2014