K-STATE Research and Extension

You Asked It!

Tips From the Rapid Response Center

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Do Home Canned Foods Need to be Heated?

When ready to use home canned foods, should they be heated prior to consumption? This explanation is from the USDA Complete Guide to Home Canning:

Low-acid and tomato foods not canned according to the recommendations in this publication or according to other USDA-endorsed recommendations should be boiled as above, in a saucepan before consuming, even if you detect no signs of spoilage. This does not serve as a recommendation for consuming foods known to be significantly underprocessed according to current standards and recommended methods. It is not a guarantee that all possible defects and hazards with other methods can be overcome by this boiling process. All low-acid foods canned according to the approved recommendations may be eaten without boiling them when you are sure of all the following:

- Food was processed in a pressure canner.
- Pressure canner gauge was accurate.
- Up-to-date researched process times and pressures were used for the size of jar, style of pack, and kind of food being canned.
- The process time and pressure recommended at your altitude was followed.
- Jar lid is firmly sealed and concave.
- Nothing has leaked from jar.
- No liquid spurts out when jar is opened.
- No unnatural or "off" odors can be detected.

2015 National Festival of Breads

The search is underway! If you bake bread and enjoy being creative, this contest is for you!

The 2015 National Festival of Breads is now accepting entries from amateur bakers with original recipes. The categories include ethnic breads, rolls, time-saving and simple breads, and whole grain breads. Youth bakers, ages 12-17, can also enter in yeast bread and quick bread categories.

Learn the rules and how to enter your recipe at http://nationalfestivalofbreads.com/national-festival-of-breads.

The Festival will be held June 13, 2015 in Manhattan, KS.

Start Planning for Holiday Meals

It's almost that time of year for holiday parties and meals with family and friends.

Turkey is the star of many holiday meals. For tips on buying, preparing, serving and more with turkey, see **Turkey Basics** at www.foodsafety.gov/keep/types/turkey/.

Are you cooking for a large family reunion? Or are you volunteering to serve a holiday community meal? The guide **Cooking for Groups: A Volunteer's Guide to Food Safety** can help you plan and serve a safe meal.

Don't panic! Good planning helps you from hitting the panic button.

The USDA Meat and Poultry Hotline receives many questions about holiday food safety. Reduce your fears of food safety by contacting them at 1-888-MPHotline (1-888-674-6854) or MPHotline.fsis@usda.gov

For more Holiday Food Safety information see www.ksre.ksu.edu/FoodSafety/p.aspx?tabid=35

What is Sumac-ade?

Red sumac berries are edible. Do not eat the white or yellow berries as they are poisonous.

Sumac is found in many fields and roadsides across Kansas creating bright spots of red in fall landscapes. The female plants produce bright red clusters of berries.

These berries are very sour and can be made into a berry tea or sumac-ade.

The berries are steeped in cold water overnight. Boiling or using hot water brings out bitter tannic acid. Filter the berries through several layer of cheesecloth to remove the small fruit hairs. Sweeten with sugar or honey and add spices for flavor.

Sources: www.aihd.ku.edu/foods/smooth_sumac.html
www.wildflower.org/plants/result.php?id_plant=RHGL

Secondary Edible Parts of Vegetables

Most vegetables have one or two components that are edible. For example, pumpkins have edible flesh and seeds. Some vegetables may have edible components, but the flavor may be disagreeable. Others may be even slightly poisonous. Here are some popular vegetables and their edible parts:

Vegetable	Common edible part	Other edible part
Cauliflower	Immature flower	Flower stem, leaves
Watermelon	Interior pulp and seeds	Rind of fruit
Okra	Pods with seeds	Leaves

Learn more at http://tinyurl.com/ne9ksuu

Nutrient Content of Sprouted Grains

Photo: Whole Grains Council

The definition of sprouted grains is as follows:

"Malted or sprouted grains containing all of the original bran, germ, and endosperm shall be considered whole grains as long as sprout growth does not exceed kernel length and nutrient values have not diminished. These grains should be labeled as malted or sprouted whole grain."

Sprouted grains are reported to have increased nutrient value by 1.5-3.8 times in antioxidants, tocopherols, thiamin, riboflavin, biotin, folate, and fiber. These grains also reduce phytic acid and trypsin inhibitors due to increased phytase enzyme activity.

What does this mean? Sprouted grains are more easily digested and still have the benefits of a whole grain. Sprouted wheat flour improves yeast bread volume with a 5 -9% increase in a shorter amount of proofing time. This flour can reduce bitter flavors in the crust.

Source: Cereal Foods World, September-October 2014, pp. 231-233

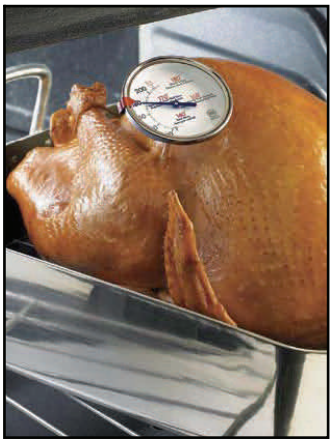
More Ways to Cook a Turkey

Most homes have one oven. That reduces space for cooking multiple dishes for holiday meals.

During the holidays, try using another method for cooking the turkey. Outdoor methods include a grill or smoker, deep fat turkey fryer, and the "Big Green Egg." Indoor options include an electric roaster or even the microwave.

No matter which method you choose to get your turkey to the table, have a food thermometer handy so you can make sure the turkey has reached the safe minimum internal temperature of 165 °F. Let the turkey stand for 20 minutes before carving.

For details and timing when using other cooking methods for turkey, see www.foodsafety.gov/keep/charts/alternativeturkey.html



Holiday Food Safety Resources can be found at www.foodsafety.gov/keep/events/holidays/index.html

Roasting Two Turkeys at Once or one BIG Bird

The cooking time is determined by the weight of one bird—not the combined weight. Use the weight of the smaller bird to determine cooking time. Use a food thermometer to check the internal temperature of the smaller bird first and then check the second bird. A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. When cooking two turkeys at the same time make sure there is enough oven space for proper heat circulation.

To cook a large turkey use the Timetables for Turkey Roasting for an unstuffed turkey which can be found in Turkey Basics: Safe Cooking. Add 10 minutes per pound for turkeys over 24 pounds. Do not stuff a turkey over 24 pounds. Use a heavy pan large enough to hold the turkey. Be sure there is enough space in the oven for proper heat circulation.

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Knowledge for Life

Key Changes to So Easy to Preserve

The 6th edition of So Easy to Preserve includes some updates, deletions and new additions. Here are some highlights:

- Replaced Tomato Paste recipe to improve flavor and acidity.
- Deleted Canning Nut Meats due to food safety issues.
- Pepper Relish recipe from 5th edition was deleted and replaced with a more accurate recipe.
- Statement "Remember to Make Altitude Adjustments" added to bottom of all recipe pages.

New recipes include:

- Peach Fruit Topping
- Sweet Cherry Fruit Topping
- Chili Con Carne
- Choice Salsa
- Canning Tuna
- Dill Pickle Relish
- Hot Pepper Relish
- Sweet Pepper Relish

For details see www.rrc.ksu.edu/p.aspx?tabid=18 under "New Publications for 2014."

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On the Web at
www.rrc.ksu.edu

History of Meatloaf

The humble meatloaf has graced many dinner tables over the years. While popular in the Great Depression to help stretch a meal, it actually dates back to the fourth or fifth century AD. The Romans mixed chopped meat with bread and wine.

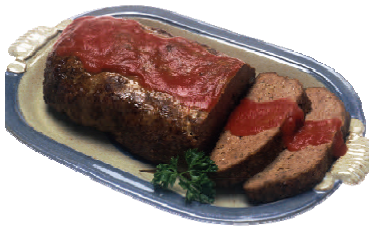

Photo: National Institutes of Health

The American meatloaf recipe was first printed in 1899 with the invention of the meat grinder. World War II rationing resulted in meat-free loaves. More creative recipes in the 1950s and 1960s included bacon, dill, or spicy peaches. In the 1970s and 1980s, butcher shops created a "meatloaf mix" of beef, pork, and veal.

In the 1990s, restaurants created upscale recipes which now include stuffed or wrapped versions and international flavors.

Source: Cook's Illustrated and The Encyclopedia of American Food & Drink