



Happy Easter!

SAFE COOKING TEMPERATURES	
as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160° F
Turkey, Chicken	165° F
FRESH BEEF, PORK, VEAL & LAMB	145° F
	with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165° F
Poultry Parts	165° F
Duck & Goose	165° F
Stuffing (cooked alone or in bird)	165° F
HAM	
Fresh (raw)	160° F
Pre-cooked (to reheat)	140° F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160° F
SEAFOOD	
Fin Fish	145° F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	May white or opaque & firm
LEFTOVERS & CASSEROLES	165° F

Safe Grilling Tips

The spring weather is here and many families may be celebrating Easter by breaking out the grill. Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

Marinate safely. Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.

Cook immediately after "partial cooking." Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately, for example at a home with a grill on the patio or deck.

Cook food thoroughly. When it's time to cook the food, have your food thermometer

ready. Always use it to be sure your food is cooked thoroughly. (See Safe Food Temperature Chart)

Keep "ready" food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Check for foreign objects in food. If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

Resource: <https://www.fda.gov/food/resourcesforyou/consumers/ucm109899.htm>

Carrot Cake Trifle Recipe

Ingredients

- 1 box of Carrot Cake Mix & required ingredients
- 1 Carrot
- 8oz of softened cream cheese
- 1.5 sticks of softened butter
- 3.5 cups of powdered sugar
- 1 tbsp vanilla
- 16 oz Cool Whip (two regular tubs or one big one)
- Chopped walnuts or pecans

Instructions

1. Prepare the carrot cake recipe as instructed (I like to add shredded carrots to the mix to make it feel a little more authentic) in a 9x13 pyrex baking dish. Allow to cool when finished then cut into cubes.
2. For the whipped mixture: Using an electric mixer on medium/high speed cream together the softened cream cheese and butter until it becomes light and fluffy. This will take 3-5 minutes and you will need to scrape down the sides. Turn the mixer down to a low speed and add the powdered sugar 1/2 cup at a time until combined. Pour in vanilla and mix for another 2-3 minutes as it continues to fluff. With the mixer still on low add the Cool Whip a little at a time until everything is combined.
3. In a trifle bowl or deep glass bowl, place in one layer of carrot cake pieces/crumbles. Then add a layer of your whipped cream cheese mixture. Repeat ending with the whipped cream cheese on top. Add the crushed walnuts or pecans to the top and refrigerate until it's time to serve.

Resource: <http://astepinthejourney.com/2015/03/carrot-cake-trifle-recipe.html>





April 1: National Sourdough Bread Day
April 2: National Peanut Butter & Jelly Day
April 3: National Chocolate Mousse Day
April 4: National Cordon Bleu Day
April 5: Caramel Day

April 6: National Caramel Popcorn Day
April 7: National Coffee Cake Day
April 8: National Empanada Day
April 9: National Chinese Almond Cookie Day
April 10: National Cinnamon Crescent Day
April 11: National Cheese Fondue Day
April 12: National Grilled Cheese Sandwich Day
April 13: National Peach Cobbler Day
April 14: National Pecan Day
April 15: National Glazed Ham Day
April 16: National Eggs Benedict Day
April 17: National Cheeseball Day
April 18: National Animal Crackers Day
April 19: National Rice Ball Day
April 20: National Pineapple Upside-down Cake Day
April 21: National Chocolate-Covered Cashews Day
April 22: National Jelly Bean Day
April 23: National Cherry Cheesecake Day
April 24: National Pigs-in-a-Blanket Day
April 25: National Zucchini Bread Day
April 26: National Pretzel Day
April 27: National Prime Rib Day
April 28: National Blueberry Pie Day
April 29: National Shrimp Scampi Day
April 30: National Oatmeal Cookie Day

**Kind regards,
Eji's Culinary**



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