

TIZER MEAT'S MONTHLY NEWS LETTER

AUGUST 2018



2508 York Rd
Helena MT 59602

Hours:

Monday - Friday 9am to 6pm

Saturday - 10am to 2pm

Sunday - Closed

Kill Floor Happenings



In July we received our custom except license to use our new slaughter facility. This was just in time to slaughter all of the Lewis and Clark 4-H same and to kill animals from the Broadwater 4-H fair.

Next up is working with the State of Montana to be able to kill under inspection.

EMPLOYEE OF THE MONTH

(Tim Rusek)



In August, we are featuring Tim Rusek as our employee of the month.

Tim started in 2017 at the start of hunting season. Only wanting part time, Tim discovered that, during hunting season, this is almost imposable. Therefore, he worked full time until things slowed down at the first of the year. Tim is very versatile and can work with customers as well as make minor repairs to some of our equipment. Some duties include but is not limited to:

- Wrapping meat
- Skinning
- Helping customers load meat
- In-depth cleaning
- Learning to check out customers at the store
- Other Duties as assigned

Tim recently retired from his long time job. He was just looking for part time work to keep him busy. We are fortunate to have his knowledge and strong work ethic as part of our working family.

Outside of work Tim loves spending time with his wife (who worked for Tizer Meats in the past), and his grandchildren.

Meat Myth Buster:

Myth: Washing Meat Before You Cook It Is a Helpful Food Safety Step

Fact:

Washing meat will not make a product safer. In fact, it may even increase your risk of foodborne illness due to cross contamination. When you wash meat, any bacteria that might be on the meat surface can be splashed into or around the sink creating an environment conducive to the cross-contamination of utensils or other foods.

USDA says even careful washing is not a good practice as some of the bacteria are so tightly attached that even numerous washings will not remove them.



August:



Drop off extra school supplies for Stuff the Bus here until August 17, 2018. Let's all make a difference.

We still have

[Camping Bundle](#)

[Steak Bundle](#)

Dig deeper...

A critical safety step is cooking meat to the appropriate internal temperature. The temperature varies by type of meat. A hamburger needs to be cooked to 160 degrees Fahrenheit. Chicken or turkey must be cooked 165 degrees Fahrenheit while for any whole muscle cut like a steak or chop it is 145 degrees Fahrenheit with a three minute rest period. Use a meat thermometer to ensure the proper temperature has been reached.

There are several other important food safety steps people can take from the moment they select their meat in the store until they serve it.

In the store:

- Select meat and poultry last so that it's not becoming warm as you shop.
- Keep meat and poultry separate from other foods both in the cart and when you're checking out to prevent any juices from coming into contact with other foods.
- Put raw meat and poultry in its own separate plastic bag at checkout.
- Keep products cold in a portable ice chest or cooler if it takes longer than 30 minutes to get home.

At home:

- Refrigerate or freeze fresh meat and poultry products as soon after purchasing as possible. Place the package in the meat compartment or in the coldest part of the refrigerator. Take extra care to prevent raw meat from coming into contact with other foods that are ready to eat like fruit, cheese or deli meat.
- Defrost meat in the refrigerator so it stays cold. Another option is thawing it in cold water or the microwave, but you should cook it immediately after
- Wash hands in hot soapy water before and after handling raw meat and poultry. Wash any utensils or cutting boards that came into contact with raw meat or poultry in hot soapy water.
- Make sure to use separate cutting boards and plates for raw meat and other foods.
- Refrigerate leftovers within two hours of cooking and reheat to 165 degrees Fahrenheit when using again

Washing Food: Does it Promote Food Safety? | www.fsis.usda.gov

Find more info at - <http://www.meatmythcrushers.com/>



Continues...

September



Shoulder hunts and bow season starts in September.

It will still be hot so we are offering:

- Processing of your animal as always
- Cooler storage for those who want to cut their own. \$50 per week
- Stop in at 2805 during regular business hours or call 406-442-3096.

Hunting Bundle under development.

MONTHLY RECIPE



Perfect Flat Iron Steak

Ingredients

- 1 (2 pound) flat iron steak
- 2 1/2 tablespoons olive oil
- Sniders Steak Seasoning or Excalibur Steak & Roast Rub

Directions:

1. Place the steak inside of a large resealable bag. In a small bowl, stir together the olive oil, and seasoning. Pour over the steak in the bag. Press out as much air as you can and seal the bag. Marinate in the refrigerator for 2 to 3 hours.
2. Heat a nonstick skillet over medium-high heat. Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness. Discard the marinade. These steaks taste best at medium rare. Allow them to rest for about 5 minutes before serving.