



CHEF JACQUI CONTINUED...

CHEF'S RECIPE

Lamb Chops with Mint and Mustard (Adapted from Food Channel)

- ½ cup olive oil plus 1 tbsl.
- 3 cloves of garlic
- 6 loin or shoulder lamb chops
- 3 rounded tbsl. of prepared grain mustard
- 2 tbsl. white wine vinegar
- 1 tbsl. honey
- ¼ cup of mint leaves

Put 1 clove of garlic and 1 tbsl. of olive oil in sauté pan on low. Once garlic begins to brown take out of pan and turn up heat to medium and sauté chops (salt and pepper on both sides of chops) until brown, about 3 - 5 mins. per side if more than 1 inch thick. Put chops on a plate. Into a blender add mustard, vinegar and honey; blend slowly until well mixed then add rest of garlic (chopped) and reserved garlic; while blender is running, slowly stream in the remaining olive oil. Shut off blender and add mint leaves then slowly blend until completely smooth sauce is achieved. Pour into serving dish in center of plate with chops and serve. Spoon sauce over chops and enjoy. Sauce may also be warmed.

There is a group of food know as "potentially hazardous foods" because of their history as being involved in outbreaks of foodborne-illness, natural processing methods, high moisture content, high protein content and acidic pH levels. These foods are: tofu or other soy protein products; cooked rice, beans; synthetic ingredients such as Textured Soy Protein found in meat alternatives; bean sprouts and raw seeds; baked or boiled potatoes; garlic-in-oil mixtures and sliced melons. These items are not as hazardous as the ones we are familiar with such as meat, eggs, dairy, fish, chicken and shellfish.

There is also a food group know as "risky food". These foods from animals are eaten raw or undercooked and include pink hamburgers, steak tartar, raw oysters, clams, fish

for sushi and eggs. We see disclaimers on restaurant menus regarding these types of foods and our choice of ordering them. Since 2001, a portion of these foods have received "post harvest treatment" to decrease there risk factor. It is recommended that certain "high risk" consumers should avoid eating from this "risky food" group. Those at risk are the elderly, pregnant women, people with immune deficiencies and small children.

TIPS

- Washing raw poultry, beef, pork, lamb or veal before cooking is not recommended because with proper cooking to a temperature of 160° the bacteria will be killed.
- When preparing fruits and vegetables, wash thoroughly and cut away any dam-

aged or bruised areas that maybe subjected to bacteria.

- When serving cold salads place the bowl in a larger bowl lined with ice to keep it chilled.
- Use chaffing dishes to keep food hot if not serving immediately.
- Do not mix leftover food that has been heated with food that has not been used or heated.
- Do not put hot food in refrigerator. It will bring the internal temperature of the refrigerator down and may affect other foods.
- When cooling soups or sauces, transfer them into smaller containers to cool faster or place them on a cookie sheet lined with crushed ice.
- Do not taste food to see if it is spoiled, use your sense of smell, and when in doubt, throw it out.
- Do not use the same utensils and plates for food before and after cooking.

- After marinating meats, do not use the marinade for a sauce unless you boil it first for 5 minutes.
- Never thaw food on the kitchen counter. Thaw in the refrigerator. For a quick thaw, place item in a pot of cold water in your sink. Your microwave can also be helpful in thawing. Follow directions carefully, and keep a check on the food. Make sure you cook the food immediately once it is thawed.

Chef Jacqui Bushee has been ServSafe Certified in the State of Massachusetts.

Facts about Lamb

It is that time of year when some things are at their best and American Lamb is one of them. Spring lamb is

processed between the first Monday in March to the first Monday in October. The Department of Agriculture has regulated lamb and requires all lamb to be labeled "genuine" or simply "lamb" which indicates that it comes from an animal less than 1 year old.

When choosing lamb look for a dark pink color. Yield grade indicates the amount of sellable consumer product. These range from Yg 1-5 with Yg 1 being the leanest and Yg 5 being the fattest. The fat on lamb is generally a covering and does not run through the meat like it does in beef.

The majority of lamb rated by the USDA is Choice or Prime. Nutritionally lamb ranks with chicken in regard to cholesterol and calories and with beef in regard to fat. Lamb and beef are the only two meats that can be frozen for 6 to 12 months. Some people say that the best lamb comes from New Zealand since it is against the law to use hormones and tenderizers in their meat.

Lamb has a mild flavor that can be enhanced by marinating or spicing up with sim-

ple herbs. Garlic, lemon, mustard and rosemary are some perfect seasonings to pair with lamb. American lamb offers your menu a distinctive alternative to beef and should be enjoyed in season.

References:

If you are interested in more information on this topic, the following sites and resources may be of interest to you.

foodsafety.gov

fsis.usda.gov/OA/pubs/washing.htm

<http://www.cfsan.fda.gov/~dms/fsdup102.html>

ServSafe Essentials, 2nd. Ed.

Jacqui's Culinary Capers



In-Home Personal Chef Service
 Meal Planning * Shopping * Preparing * Serving * Clean-up
 Customized Meals to Fit Your Lifestyle and Special Diet
 Weekly, Bi-Weekly, Monthly
 Dinner Parties are our Specialty
 Member of the Personal Chefs Network
 Certified Private Chef

Phone: 781-231-2728
 jbushee@comcast.net
 www.jacquisculinarycapers.com