

# Food safety a top priority during the holidays

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## What's Cookin

Today's recipe is a great one for a party. You can serve this an appetizer: just cut slices into smaller pieces and serve with thinly sliced baguette and a nice grainy mustard or maybe some hot pepper jelly. Or, you can serve as a main course, maybe as part of a buffet. If you'd like to serve on a buffet over a long period of time, I would suggest slicing it up and making a small platter of some slices, then discard and put out a new platter every couple of hours.

shelf in the fridge. You shouldn't be thawing meat on the counter. If you are in a real rush and you need to cook the item pronto, then you can place it in a container in an empty sink, allow the tap to run (cold water only) gently over the meat and as the container fills, the water spills into the sink and down the drain. The key here is that the water is constantly running and the drain is not plugged.

While we are on the subject of food safety, perhaps a gently reminder that if you are cooking a frozen turkey for Christmas (especially a big one,) you will want to buy it soon, as it can take up to five days to thaw. You should thaw your frozen meat in a large dish or pot to catch any potential drips, and then that container should be on the lowest

Please put a meat thermometer on your list of holiday purchases. You are looking for 165 degrees fahrenheit. for the internal temperature of a done turkey. You can insert the thermometer in several places, but the key spot will be in the leg joint where it attaches to the body.  
 Have fun and keep cooking!

## French Style Picnic Pie

### INGREDIENTS

- 2 tbsp butter
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 1 lb ground turkey, veal or beef
- 1/2 lb ground ham
- 1/2 cup soft breadcrumbs
- 1/2 cup chopped parsley
- 1 egg
- 1/2 tsp each salt, thyme, dry mustard
- One quarter tsp ground allspice
- 1/8 tsp freshly ground black pepper
- 1 egg white, beaten with 1 tsp water
- Pie pastry (homemade or store bought)

### METHOD

1. In frying pan, melt butter. Add onion and cook until soft.
2. Stir in garlic and cook for 1 minute. Add wine and cook until most of the liquid has evaporated.
3. Transfer to a large bowl and mix all remaining ingredients in, except egg white and pastry.
4. Preheat oven to 350 degrees F.



5. Spray a loaf pan with non-stick spray.
6. Place rolled out pastry in loaf pan until it overhangs about half an inch on all sides.
7. Spoon meat mixture into crust. Fold pastry overhang over top. Moisten pastry edges with egg white mixture.
8. Roll out last piece of pastry and place on top.
9. Cut scraps of pastry and make decorative shapes to go on top.
10. Brush entire top with egg white mixture.
11. Bake for approximately 50-60 minutes, until pastry is golden brown and internal temperature of meat is 165 degrees F.
12. Slice and serve hot or cold.

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