

Bread & Butter



Tewksbury Community Pantry
978 858-2273 (858-CARE)

August 2008

Safe Food-Handling Tips

Wash hands and all preparation surfaces often. Use hot soap and water, or clean, wet, disposable washcloths and paper towels for cleaning your hands and surfaces.

Avoid cross-contamination. Do not let raw meat juices to come in contact with ready-to-eat foods. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using them again for cooked food or vegetables.

Cook food to proper temperatures. Cook hamburger and other ground meats to an internal temperature of 160 degrees F, and ground poultry to 165 degrees F. Cook steaks and roasts that have been tenderized, boned, rolled, etc., to an internal temperature of 160 degrees F for medium, and 170 degrees F for well-done. Whole steaks and roasts may be cooked to 145 degrees F for medium rare. Whole poultry should be cooked to 180 degrees F in the thigh. Breast meat should be cooked to 170 degrees F.

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September

Distribution Dates

Sunday, Sept 14th

9:00 AM—Noon

Monday, Sept 15th

7:00-8:30 PM

Saturday, Sept 20th

10:00 AM—Noon

(This information courtesy of the USDA.)

Chill or refrigerate all leftover food immediately. By following these steps whenever cooking, either in your home or while outdoors, you can significantly risk the chances of inadvertent food poisoning for you and your family.

Recipe Corner

Homemade Sloppy Joe's

- 12 ounces ground beef
- 1 large onion, finely diced
- 2 cups finely chopped mushrooms
- 5 plum tomatoes, diced
- 2 tablespoons all-purpose flour
- 1/2 cup water
- 1/4 cup cider vinegar
- 1/4 cup chili sauce, such as Heinz
- 1/4 cup ketchup
- 8 hamburger buns, toasted if desired

Crumble beef into a large nonstick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft and the moisture has evaporated, 8 to 10 minutes. Add tomatoes and flour; stir to combine. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, 8 to 10 minutes. Serve warm on buns

CHICKEN AND RICE FOIL DINNER

- Aluminum foil
- 1 can cream of mushroom soup
- 2/3 c. uncooked instant rice
- Paprika
- Chicken breasts

Place chicken breasts on a 14" square of heavy duty foil. Mix a can of condensed cream of mushroom soup with 2/3 cup uncooked instant rice. Spoon over chicken. Sprinkle with paprika. Seal the foil package and place on grill 5" above coals. Cook about 40 minutes, turning once.

Special Dates in August and September

August is National Peach Month

- S'mores Day ~ August 10th
- International Left Hander's Day ~ August 13th
- Best Friends Day ~ August 15th
- Root Beer Float Day ~ August 19th
- Senior Citizens Day ~ August 21st
- Global Forgiveness Day ~ August 27th
- Tewksbury Public Schools Open ~ August 27th
- National Toasted Marshmallow Day ~ August 30th
- Remembrance Day ~ September 11th
- International Chocolate Day ~ September 13th

HOMEMADE PEACH COBBLER

- 1/4 lb. melted butter
- 1 c. white flour
- 1 tbsp. baking powder
- 1 c. milk
- 1 tbsp. cinnamon
- 10 med. peaches peeled and sliced

Combine flour, sugar, baking powder into mixing bowl. Mix dry ingredients with wire whip. Add 1 cup milk and mix thoroughly. Pour melted butter in 2 1/2 inch pan. Pour batter in the same pan. Layer sliced peaches covering entire batter. Sprinkle cinnamon on top of the cobbler. Bake at 350 degrees for 1 hour or until golden brown.

