

BREAD & BUTTER



Tewksbury Community Pantry
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September 2007

Cutting Boards and Food Safety

Which is better, wooden or plastic cutting boards? Consumers may choose either wood or a nonporous surface cutting board such as plastic, marble, glass, or pyroceramic. Nonporous surfaces are easier to clean than wood.

Avoid Cross-Contamination

Consumers may use wood or a nonporous surface for cutting raw meat and poultry. However, consider using one cutting board for fresh produce and bread and a separate one for raw meat, poultry, and seafood. This will prevent bacteria on a cutting board that is used for raw meat, poultry, or seafood from contaminating a food that requires no further cooking.

Cleaning Cutting Boards

To keep all cutting boards clean, it is recommended that you wash them with hot, soapy water after each use; then rinse with clear water and air dry or pat dry with clean paper towels. Nonporous acrylic, plastic, or glass boards and solid wood boards can be washed in a dishwasher (laminated boards may crack and split).

Both wooden and plastic cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes. Rinse with clear water and air dry or pat dry with clean paper towels.

Replace Worn Cutting Boards

All plastic and wooden cutting boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, they should be discarded.

October Distribution Dates

Sunday, Oct. 14th

9:00 AM—Noon

Monday, Oct. 15th

7:00-8:30 PM

Saturday, Oct. 20th

10:00 AM—Noon

Town News

No Environmental Day in October this year..

3rd Sat of the month most items can be brought down to the DPW.

Recipe Corner

Spanish Rice

- 1 tablespoons oil
- 1 onion, chopped fine
- 1 garlic clove, minced
- 2 cups of medium or long-grain white rice
- 3 cups chicken broth
- 1 heaping tablespoon tomato paste or 1 cup of diced fresh or cooked tomatoes, strained
- Pinch of oregano
- 1 teaspoon salt

Cook rice according to package... In a large skillet brown rice in olive oil, medium/high heat. Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 minutes, or until onions are softened.

In a separate sauce pan bring chicken broth to a simmer. Add tomato sauce, oregano, and salt. Add rice to broth. Bring to a simmer. Cover. Lower heat and cook 15-25 minutes, depending on the type of rice and the instructions on the rice package. Turn off heat and let sit for 5 minutes. Serves 4 to 6.

Chicken Fried Rice

- 2 cups uncooked white rice
- 1 tablespoon butter
- 2 skinless, boneless chicken breast chopped salt to taste
- 2 eggs, beaten
- 3/4 cup sliced mushrooms
- 2 green onions, chopped
- 1 tablespoon soy sauce, or to taste

In a saucepan bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Heat butter in a large skillet over medium-high heat. Brown chicken in butter and season with salt to taste. Set chicken aside. Transfer cooked rice to the skillet in which the chicken was cooked, stirring to brown.

In a separate skillet, scramble eggs. To the rice add chicken, mushrooms, green onions, eggs and soy sauce to taste and serve.

SPECIAL DATES IN SEPTEMBER AND OCTOBER!

September - National Rice Month

September 11th ~ Patriot Day ~ As we remember September 11, 2001, we reaffirm the vows made in the earliest hours of our grief and anger. As liberty's home and defender, America will not tire, will not falter, and will not fail in fighting for the safety and security of the American people and a world free from terrorism. We will continue to bring our enemies to justice or bring justice to them. This Patriot Day, we hold steady to this task.

September 13th ~ International Chocolate Day

September 23 - Fall Begins

October 8th - Columbus Day

Holiday commemorating Christopher Columbus's discovery of America. It has been traditionally celebrated on Oct. 12 throughout most of the United States, parts of Canada, and in several of the Latin American republics. In the United States, however, since the observation in 1971 of the Uniform Holiday Act, it is celebrated on the Monday nearest to Oct. 12

OREO Crunch Bars

- 34 OREO Chocolate Cookies, divided
- 1/4 cup (1/2 stick) butter or margarine, melted
- 1 jar (7 oz.) JET-PUFFED Marshmallow Crème
- 3 squares BAKER'S Semi-Sweet Baking Chocolate, chopped
- 1/3 cup chopped Walnuts

PREHEAT oven to 350°F. Coarsely chop 8 of the cookies; set aside. Finely crush remaining 26 cookies; mix with butter. Press crumb mixture firmly onto bottom of greased 9-inch square baking pan. TOP crust evenly with dollops of marshmallow crème, leaving 1/2-inch border around all sides. Sprinkle with chopped chocolate, walnuts and chopped cookies; press lightly into crust. BAKE 15 minutes or until marshmallow crème just begins to brown. Cool completely in pan on wire rack. Cut into 20 bars