



reality check

KITCHEN SAFETY QUIZ

Test your kitchen I.Q. by guessing whether these statements are true or false.

You can sanitize cutting boards naturally using lemon juice or vinegar.

FALSE. Neither will eliminate bacteria.

To sanitize safely, wash cutting boards and food surfaces with hot soapy water, then scrub with a solution of one tablespoon plain liquid bleach diluted in a gallon of water. Let the solution stand on surfaces for a few minutes, then rinse thoroughly with water.

Never put hot food in the refrigerator immediately after cooking.

FALSE. You can chill hot food, and, in fact, you should refrigerate any food within two hours of cooking, no matter what temperature it is. When transferring hot food to the refrigerator, divide large portions among shallow containers so that it cools more evenly.

You don't have to rinse raw chicken before cooking.

TRUE. Rinsing does not kill bacteria and can cross-contaminate sink surface areas. "You're better off taking time to ensure chicken is cooked thoroughly," says Shelley Feist, executive director at the Partnership for Food Safety Education. "Cooking chicken to 165°F is the real 'kill step' for bacteria, not rinsing with water." E.H.