



NEWS RELEASE

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Keeping Food Safe Holiday Recipes and the Uncooked Egg

At buffets, you can select from a wide variety of foods, some of which may contain uncooked or lightly-cooked eggs. But Grade A eggs with clean uncracked shells can be contaminated with Salmonella Enteritidis bacteria. That's why it's important to cook eggs thoroughly to kill any bacteria that may be present.

Zesty Sauces! Spice it up! You can add zest to hot meats, poultry, and eggs by adding hollandaise and béarnaise sauces. If your homemade recipes for these sauces call for uncooked eggs, you can modify them by cooking the egg mixture on the stovetop to 160°F. Then follow the recipes directions.

Savory Salads! Traditional recipes for Caesar dressing may contain uncooked eggs. If Caesar salad is a favorite among your guests, you can keep bacteria out of your salad bowl with this safe, savory recipe below.

Caesar Salad Dressing (1 Quart)

Ingredients

- 2 cups olive oil
- 8 cloves of pressed or finely-chopped garlic
- 4 whole eggs
- 2 tablespoons ground black pepper
- 1 cup lemon juice
- ½ cup Worcestershire sauce
- ½ cup of vinegar
- ¼ cup anchovy paste
- 2 cups freshly grated Parmesan cheese

Directions

- In saucepan, place ½ cup olive oil and garlic. Sauté lightly. Do not brown.
- Remove from heat and blend with an addition 1½ cups of olive oil. Set aside.
- In same pan, place eggs and ground black pepper. Add lemon juice, Worcestershire sauce, vinegar, and anchovy paste.
- Blend with whisk over low heat until food thermometer reaches 160°F.
- Remove from heat and cool slightly. Pour mixture into blender and blend on low speed. Slowly pour in garlic oil, blending thoroughly. Stop blender and stir in Parmesan cheese.
- Serve immediately. If you're not serving immediately, cover and place in the refrigerator.

--The California Egg Commission

If you have any questions or concerns about food safety during the holiday season, contact: The USDA Meat and Poultry Hotline at (800) 535-4555 or log onto the Fight BAC[®] website at www.fightbac.org.

Source: Partnership for Food Safety Education (October 2000). "Buffet Bonanza: Keeping Food Safe!". Online at www.fightbac.org/pdf/holidaybuffet2.pdf