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# BEWARE OF PERFRINGENS

Mary K. Sweeten

Extension Foods and Nutrition Specialist  
The Texas A&M University System



"Hi, I'm Perfringens. I am a bad bacteria too. Look for me in soil. I really like to spoil raw and cooked meats. You will have stomach cramps in about 8 hours."

Dear Homemaker:

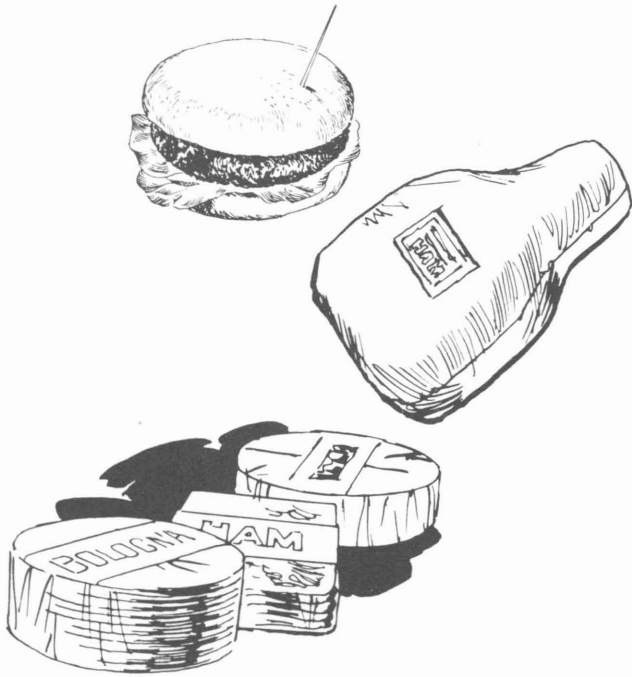
Perfringens grow very fast at low cooking temperatures (110° to 116° F.). Cook meat to an internal temperature of 150° F. You can insure that the meat reaches 150° F. by using a meat thermometer.

Many food poisoning outbreaks have been traced to slow cooling of meat, poultry and gravy. Cool any cooked food quickly in the refrigerator in small, shallow containers to make sure it cools rapidly to 40° F. or below.

Reheat cooked meat to 150° F. or higher rapidly. Always boil gravy. Perfringens are usually found in meat and meat dishes such as gravies, stews and meat pies that stay at room temperature too long. Be safe — not sorry.

Sincerely,

\_\_\_\_\_  
Name and Title

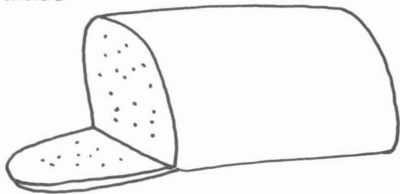


### SERVE TONGUE SAFELY

To cook in liquid: Cover beef tongue with water. Add 1 teaspoon salt for each quart of water when cooking fresh tongue. Spices and vegetables may be added for seasoning. Cover tightly and cook slowly until tender, allowing 3 to 4 hours cooking time.

When tongue is tender, remove the skin and cut away the roots. Plunging the tongue into cold water after cooking helps to loosen the skin. If the tongue is to be served cold, it will be more juicy if cooled in the liquid in which it is cooked. The cooling should be done under refrigeration or where there is circulation of cool air.

Serve tongue sliced thin in sandwiches or in crisp green salads.



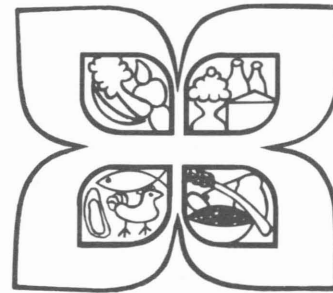
### PREVENT PERFRINGENS

Never eat hamburger meat raw. Germs get into meat when it is ground up.

After cooking a large ham, refrigerate immediately. Remember perfringens likes large amounts of meat left standing at room temperature.

Cook all large poultry products fully. Cool poultry and dressing separately. Refrigerate leftover poultry and dressing separately in shallow dishes.

Check the date on the package when buying lunch meats and weiners. Lunch meats and weiners should be handled with care. Use within one week after opened. Handle with a fork or tongs because fingers spread germs.



### MENU

- \*Tongue Sandwiches
- French Fried Potatoes
- Lettuce and Tomato Salad
- Cherry Pie
- Milk

**REMEMBER** — Refrigerate any leftover tongue immediately to prevent growth of perfringens.

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