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FOOD SMARTS *Cont. from page 12*

the problem. Many chefs don't like to cook salmon according to FDA recommendations, as they consider it overcooked. Many chefs actually cook salmon to 135°F, 130°F or even 125°F so the center of the fish is opaque. Chefs have found overall that guests consider fish overcooked when it is cooked to the proper internal temperature of 145°F.

Here are some ways around this if a chef wants to continue undercooking salmon to the guests' preference. Research shows that tapeworm parasites are usually unlikely to be found in fish from cold salt waters. Salmon is a strange fish as it travels and can live in fresh water as well as salt water. Purchasing salt water fished salmon or farm raised salmon can help versus purchasing fresh water salmon. Note that nothing is guaranteed to be parasite free.

Consider freezing your "fresh" and not pre-frozen bought salmon onsite for at least seven days with a freezer that is capable of freezing at -4°F. Commercial freezing is done at -35°F so it does not have to be frozen for as long a period of time. At least 15 hours should be sufficient at that very cold temperature. When you freeze fresh

salmon at home or on site, because our freezers are not as cold as commercial freezers, at least seven days at -4°F is required. At this point it is unlikely that parasites will survive and you would thus diminish the risks associated with undercooking the fish.

Again, please note, that bacteria will not be destroyed by freezing and that reinforces the needs to follow the guideline of properly cooking fish to an FDA recommended internal temperature of 145°F for a duration of 15 seconds.

I would recommend that you add salmon or undercooked and raw fish to your consumer advisory to allow your guests to know this, just as you would add rare, medium rare undercooked meat to your consumer advisory.

JULIET BODINETZ is the executive director of Bilingual Hospitality Training Solutions with more than 30 years industry and training experience. Her team of instructors' specialty is food safety, alcohol training and ServSafe training in both English and Spanish; and writing HACCP Plans in the Baltimore/Washington D.C. metro area. www.bilingualhospitality.com, juliet@bilingualhospitality.com or 443-838-7561. For latest food safety tips, become a fan on Facebook or Twitter: @BHTS



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THE LATEST DISH *Cont. from page 15*

seating 234... **Reverie** is slated to open this summer on Grace Street in Georgetown by Chef Johnny Spero of **minibar**, who is currently executive chef at **Columbia Room**, serving modern American food, seating 60... Black Restaurant Group's **Addie's** is planning their Q2 2017 opening at Park Potomac Development.

New restaurant signs spotted in Rehoboth: **The Blue Hen** (at **The Avenue**), **The Vineyard**, **Mason's Famous Lobster Rolls**.

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