

You Can Eat Raw Beef ... For Real

Last month, we talked about the popularity of sushi and how people can eat raw fish if bought from an approved supplier, farm raised or previously frozen. I would like to



add a correction and clarification here in regard to raw fish consumption. In an interview conducted with Joseph J. Lasprogata, vice president of product development at Samuels and Son Seafood Co., he

kindly corrected me that “According to the current FDA Food Code Chapter 3-402.11, aquaculture fish, both fresh and saltwater, are exempt from the necessity to be frozen, as well as several species of tuna, and live molluscan shellfish. Only wild species of fish are required to be frozen for set time and temperature, if the product is to be served in a raw, raw-marinated, partially cooked, or marinated-partially cooked, to prevent the possibly transfer of parasites.”

This means you still have to purchase wild water salmon as pre-frozen, but not farm raised. Tuna is an exception to this rule. Thanks, Joe, for your help and corrections.

When conducting our food safety classes and discussing proper cooking temperatures for meat, I love shocking our students by asking ‘Can you eat raw meat?’ and seeing their chins drop when I tell them you can.

The Food & Drug Administration recommends in its food code that we cook whole cuts of meat — including beef, goat, lamb, and pork — to an internal temperature of 145°F for at least 15 seconds. The concern here is that the heat from cooking to that internal temperature is sufficiently hot enough to kill any bacteria that might have developed on the surface. For the same meats, when ground, i.e., hamburgers, meatballs, sausage or meatloaf, the cooking temperature recommended by the FDA is now 155°F for at least a duration of 15 seconds to compensate for the fact that the bacteria from the outside surface might now be comingled in the middle and the higher heat required can kill bacteria that might be in the middle of this meat product.

Steak ordered rare or medium

rare means, per the FDA food code recommendation, it is not sufficiently cooked to be considered safe. A rare steak is actually only cooked to an internal temperature of 130°F to 135°F. Refer to the following chart for cooking steak doneness.

GRILL TIMES & TEMPERATURES FOR STEAK

Steak Doneness	Remove from Grill at This Temperature	Final Cooked Temperature
Rare	130-135°F	130-140°F
Medium Rare	140°F	145°F
Medium	155°F	160°F
Well Done	165°F	170°F

Many people enjoy steak tartar (finely cubed raw beef) or steak carpaccio (paper thin sliced raw beef). Obviously, this means the beef has to be sourced from a reputable butcher facility and that the beef is unquestionably fresh. Nathan Stambaugh from Meyer Natural Angus Beef explained to me that beef is generally sold via two different types of packaging procedures. Wet-aged beef is packaged via Cryovac in its own juices. Dry-aged beef is older and aged with temperature and humidity controls. Nathan stated that it would be preferable to make steak tartar and steak carpaccio from internal prime cuts of beef which are closer to the center of the animal, such as tenderloin, strip loin and even heart, as opposed to the outer cuts. He also explained that it would be preferable to use wet-aged Cryovac packaged beef versus dry-aged. For quality control and more tender beef, you would want to use wet-aged beef that is at least 10 days old but preferably at least 21 days old, so that the muscle has had a chance to break down using its own enzymes to yield a more tender



RESTAURANTS ■ MULTI-FAMILY ■ REMODELS ■ INTERIORS ■ TENANT



BUILD IT, SERVICE IT
NO WONDER OUR CLIENTS LOVE US!
TECH24CONSTRUCTION.COM
1.800.820.7194
5256 EISENHOWER AVE.
ALEXANDRIA, VA 22304

CONSTRUCTION

FOOD SMARTS *cont. on page 28*