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FOOD SMARTS *Cont. from page 26*

product. Dry-aged beef is desirable for a cooked steak but less so for a raw beef dish as the flavor is more intense and you would have to trim the outer surface to ensure you are removing bacteria and mold.

Here's a great idea if you are preparing steak tartar or steak carpaccio. Consider searing a thick piece of beef to kill any bacteria on the outside surface and then carving the cooked bit off. It would definitely make a tasty treat for the chef.

Why, then, are we not able to eat raw pork or raw chicken? Because the flesh is not as dense as beef and, therefore, bacteria can permeate the meat.

My final recommendation is that you don't serve raw meat, but you

can if it is fresh and properly sourced from a reputable supplier. The FDA food code states that you are not permitted to serve raw or undercooked meat to those in a high-risk population facility, and that you must inform your consumer of the risks of consuming undercooked or raw meats in 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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