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Tips for Safe Egnog



Photo: USDA/ARS

The holidays may be different this year with smaller gatherings, but there are still reasons to celebrate. For many, making homemade eggnog is a cherished tradition, but you don't want to invite foodborne illness to the party.

Since raw eggs are traditionally used, the risk for *Salmonella* to be in the eggs is present. But there are options to reduce risks from foodborne illness.

- Prepared a cooked egg base to kill bacteria that might be present. An egg base is made by heating half of

the milk and/or cream over low heat to almost boiling. Slowly add beaten eggs and sugar, stirring constantly. The temperature should reach 160° F. The mixture should coat a metal spoon and separate when a finger is drawn through it. Cool the mixture in a bowl over ice water, then chill completely.

- Pasteurized eggs are an option to replace raw eggs. Commercial pasteurized eggs are heat processed at low temperature to destroy *Salmonella*, but not affect the flavor or nutrition. It is still recommended to make a cooked egg base.
- Alcohol can inhibit some bacterial growth, but it is not sufficient to be effective.
- If your recipe uses whipped egg whites, use pasteurized egg whites. A good substitute is using whipped cream.

Source: <https://blogs.extension.iastate.edu/answerline/2018/11/26/homemade-eggnog-made-safe/>

What is the White Spot on Egg Yolks?

Have you noticed a white spot on fresh egg yolks? That is a germinal disc. It is an indication if the egg is fertile or not.

A non-fertile germ spot will look solid white because it contains the female's cells only. A fertile germ spot will have a somewhat clear center. A

rooster must be present with the hens for an egg to be fertilized.

At egg farms where eggs are produced for human consumption, roosters are not present. Therefore the eggs you buy at grocery stores are non-fertile.

Source: <https://bit.ly/2Kna9rA>



History of Oats

January is the perfect month to celebrate oats! A hot bowl of oatmeal can warm up cold winter days. While this 'stick to your ribs' food is a familiar breakfast food, oats are being used in many unique ways such as oat milk lattes and overnight oat recipes.

Oats date back about 32,000 years when wild oats were hand ground by paleolithic hunter gatherers. There are

many wild oat species, but only four have been cultivated for today's use. The species *Avena sativa* is on grocery store shelves. *Avena byzantina* and *Avena strigosa* are for animal feed. *Avena abyssinica* is exclusive to Ethiopia.

The popularity of oats grew when the Roman's introduced it to the British Isles, especially Scotland, where they flourished. Oats came to

North and South America in the 17th century and used primarily as animal feed. Today, Europe is the leader in oat production.

Oats are primarily steamed and flattened into rolled oats or "old fashioned" oats. This keeps the oat nutrient components intact as a whole grain. Quick or instant oats are also whole grain.

Source: <https://bit.ly/388Mcow>



Photo: USDA/ARS

Power Outage Food Safety Resources

Learn more information on food safety during a power outage at www.ksre.k-state.edu/foodsafety/topics/disaster.html

Winter weather can lead to power outages. So before the snow and ice arrives, have a plan in mind to handle your food supply. Here are some suggested resources:

- [Emergency food supply tips](#) and how to

manage without power from Ready.gov

- [A consumer's guide to food safety](#) includes a chart of which food to safe or discard

- [Storing food outside in the snow is not recommended](#) due to inconsistent temperatures and curious pets or other animals.

Carrots and Your Health

While carrots are known to benefit eye health, a recent study from [University of Illinois Urbana-Champaign](#) shows that carrots can reduce atherosclerosis, but there's a critical component.

Carrots contain beta-carotene which converts to vitamin A in the body. Beta-carotene reduces "bad" cholesterol in the blood. A key component in the conversion of beta-carotene to vitamin A is an enzyme called beta-carotene oxygenase1 (BCO1). Each of us has this enzyme, but in varying amounts. A genetic variant which helps produce BCO1 makes it active. The more active it is, blood cholesterol is lowered. In studies using mice, those that produce more vitamin A have lower amounts of lipids into the bloodstream.

About 50% of the population has the less-active variant of BCO1 enzyme. While eating carrots helps produce vitamin A, other foods containing vitamin A are an added benefit.



Photo: USDA/ARS

Candy and the Winter Holidays



Winter holidays bring to mind sweet treats to celebrate and savor. Here are some tips for enjoying these festive treats.

- Don't prohibit, use portion control! Look for smaller packages or individually wrapped treats to slow consumption. Emphasizing restriction can actually increase the desire to eat more. Candy can be a part of a balanced diet.
- Stay active to burn calories. Winter activities such as building a snowman, making snow angels or sledding can burn off candy calories. Plus, some fresh air is good for the mind and body.
- Mint is a popular winter flavor. It can also help eliminate "mask breath." Mint flavors can also curb your craving for an extra appetizer or two!
- Savor the flavor of chocolate and other candy. Try putting a piece of chocolate in your mouth and let it melt instead of chewing. It will bring out the many flavors of chocolate and helps you savor the flavor.

Source: <https://bit.ly/2LMF9C5>

Keep Holiday Meals Simple

It's been a complicated year, so why not make the holidays simple! A simple menu can cost less and be easier to prepare.

Stretch recipes by adding rice to soups, frozen veg-

etables to pasta dishes, or cooked beans to burgers. This also bumps up the nutrition!

Instead of a traditional holiday meal, have a brunch or potluck instead. Egg dishes are

less expensive with lots of protein. Have the kids set up a yogurt parfait bar.

For more meal planning tips, see www.choosemyplate.gov.

10 Tips: Make Celebrations Fun, Healthy, and Active



Virtual National Festival of Breads 2021

The 2021 National Festival of Breads will be held virtually on June 9, 2021.

The National Festival of Breads is a public festival held every other year in Manhattan, Kansas. This year will be a little different; to maintain everyone's safety, this year will be completely virtual. You can still expect the same great workshops, recipes, and competition, just from the comfort of your own house!

Original recipes can be submitted from January 8-February 22, 2021. There are two divisions, adult and youth. The adult division has three categories. They include savory rolls, sweet bread/rolls or traditional breads. The youth division has two categories. They include sweet rolls or creative bread shape.

For all the details, see the [National Festival of Breads](http://www.nationalfestivalofbreads.com) website and start baking!

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Let's Bake Popovers!



There has been a lot of baking going on this year. And, many are new bakers who have time to experiment while being at home. Have you tried popovers? Here are some tips.

Popovers are leavened with steam to create a large cavity inside. The oven heat sets the outside to trap the steam and allows it to expand. The inside also remains moist while the outside gets crisp.

Bread flour can give more volume. Warm milk also helps improve oven spring, that initial rise at the beginning of baking. Lowfat milk also produces a crispier crust. Use a popover pan or muffin pan. A cool pan, greased lightly, allows the popover batter to stick to the sides and helps improve the base of the finished popover. If the pan is warm, the popover tends to have a shrunken base.

Popovers take less time to make than rolls. Add a drizzle of honey or a dollop of your favorite jam and you have a great addition to breakfast, brunch or snack.

Source: Cook's Illustrated

ask
an EXPERT



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



The Science of Volatile Aroma

Your nose can detect many aromas from a wide variety of flavorful molecules in food. Those

aromas signal something wonderful to eat, or not.



Volatile molecules evaporate from the food, travel

through the air, then enter your nose or mouth. These molecules are very small and light to trav-

el easily. These volatile molecules are accentuated with heat. Cold food typically has less aroma than hot food. For example, the smell of fresh green beans is less than cooked green beans.

It also depends on the type of molecules in the food that produce distinct aromas. Diacetyl smells like butter. Acetic acid is in vinegar. Some molecules are odorless such as citric acid.

Source: Cook's Illustrated