Recipe modification improves food safety practices during cooking of poultry
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A recent study of consumers (186 total) at Kansas State University and Tennessee State University found that adding food safety instructions to recipes improved food safety behaviors.

- Consumers were asked to prepare two recipes, a baked parmesan sesame chicken breast, and a mushroom turkey burger, while they were observed for food safety behaviors such as hand washing and food thermometer use.
- Approximately half of the consumers received normal recipes to follow, while the other half received recipes with included food safety instructions.
- The study found that those who had recipes with food safety instructions significantly improved their hand washing after handling raw ingredients as well as their thermometer use (see Fig 1 & 2).
- As example of a recipe with food safety instructions can be seen below:

**Mushroom Turkey Burger**

- Wash your hands with soap and warm water before you begin this recipe.
- Run cold water over the mushroom while rubbing gently with your fingertips. Use a paper towel to dry.
- Remove the stem from the mushroom and chop using a cutting board.
- Spray a medium sauté pan with cooking spray. Preheat pan over medium high heat.
- Remove the wrapper from the ground turkey. Place the ground turkey into a medium bowl.
- Wash your hands with warm soap and water after handling the ground turkey.
- Add the chopped mushroom, soy sauce, onion powder, salt and pepper to the ground turkey. Mix with hands or a wooden spoon. Once mixed thoroughly form into a burger patty and place into the preheated pan.
- Wash your hands with soap and warm water after placing the patty into the pan.
- Cook the patty for approximately 5 minutes on each side.
- Using a spatula, tilt the patty up and insert the cooking thermometer into the side of the burger, with the tip extending into the center. If the temperature is less than 165°F, return the patty to the pan and continue cooking until the internal temperature reaches 165°F.
- If you touched the turkey when checking the temperature, wash your hands with warm soap and water.

In addition to observed consumer behaviors, the study also asked about consumer opinions on the recipe:
- There was no difference in the ease of use of the recipes whether or not they had food safety instructions.
- The majority of consumers stated that they would use recipes that had similar safety instructions in the future.