

# Epicurean Club of Boston Monthly News & Updates.

November 1, 2023  
Issue # 1

## Thanksgiving Dinner 2023



## Turkey Safety guidelines

**LET'S TALK TURKEY**

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

- Organic
- Free Range
- Free Range
- Organic
- Antibiotic Free
- Antibiotic Free

**3 WAYS TO THAW**

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator:** Take out the turkey for another 1 - 2 days in the refrigerator. Allow approximately 24 hrs. for every 4 lbs. of bird.
- Cold water:** Cook immediately after thawing. Rinse the bird in cold water & change every 30 min.
- Microwave:** Cook immediately after thawing.

**How to Thaw:** Use correct technique based on weight. For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

**DID YOU KNOW?** It's safe to cook a frozen turkey through cooking time will be 50% longer!

**Clean**

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards, SHOULD ALSO BE WASHED.

Bacteria which can ferment inside and outside a turkey can't be washed off the bird. **Cooking is the only way to destroy this potentially dangerous bacteria.**

**SO DON'T WASH YOUR TURKEY!!**

**SEPA RATE**

Separate raw turkey from meat, food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too.

Wash items that touch raw meat with soap and warm water.

**COOK**

Your bird is not safe until it reaches 165°F - you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165°F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving.

**CHILL**

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

**Safe to fridge:** 3-4 days

**Safe to freeze:** 2-6 months for best quality

Leftover turkey should be cut into smaller pieces, and stored separately in airtight containers.

Remember, **discard** the same foodborne illnesses can't be cooked or heated.

Be sure to pack leftovers in a cooler if available. Refresh thoroughly to a temperature of 165°F.

**FOR MORE INFORMATION:** Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the **USDA Meat and Poultry Hotline** at 1-888-6PHOTOVINE or visit [AskUSDA.gov](http://AskUSDA.gov). Call [PreventionLine.gov](http://PreventionLine.gov) for information on food safety.

USDA | Aq | USDA

Presidents Message  
Epicurean Club of Boston  
Members.  
Welcome to the Month of  
November.

Happy Thanksgiving  
Everyone. Wishing you all a  
very special holiday.

Thanksgiving prompts us to pause and appreciate everything we hold dear - the elements that nurture, sustain, and guide us. For many, the onset of winter holidays brings with it a delightful mix of scrumptious food & family reunions. Amidst homes adorned in rich autumn hues and tables laden with delectable dishes, Thanksgiving is primarily a time to cherish moments with those who add meaning to our lives. Perhaps your celebrations lean towards the conventional roast turkey and cider, or maybe you're venturing into novel territories. Regardless of the dishes gracing your table, this warm holiday is a reminder to show

## Lemon Basil Mint Spritzer.

## Lemon Basil Mint Spritzer | Walking on Sunshine Recipes



## Turkey Vegetable Platter

25+ Easy Thanksgiving Appetizers  
(favfamilyrecipes.com)



Thanksgiving Turkey  
Thanksgiving Turkey Recipe - Dinner  
at the Zoo



Crispy Brussel sprouts  
Roasted Brussels Sprouts with  
Pomegranate and Pecans  
(sunkissedkitchen.com)

our gratitude for the companionship and love we receive, and that's where the "Happy Thanksgiving" wishes would come from.

## Recipes

To the left of the page, you will find some Thanksgiving recipes and ideas and Turkey Safety Guidelines. Click on the link below the photo for the complete recipe.

## November ACF Epicurean Club Membership meeting.

Our next meeting will be at the Union Oyster House in Boston. Executive Chef Rico Difronzo CEC, CCA, AAC is sure to put on a show. Last time we were at the Union Oyster House we sold out in a week so be sure to purchase your tickets soon.

Please RSVP to [Chef12@comcast.net](mailto:Chef12@comcast.net) or [Tfoley@corefoodservice.com](mailto:Tfoley@corefoodservice.com) to attend.



## Presidents Gala

This year's president's gala will be at the Country Club on November 2nd. Our Chef Host will be the 2023 ACF National Chef of the year Tony Le, CEC. Tickets go on sale soon this Gala is sure to sell out. **This Gala is now sold out .**



**Classic Stuffing**  
**Grandma Winnie's Turkey Stuffing**  
Recipe (allrecipes.com)



**The Presidents Gala is sold out. Thank you all for purchasing your tickets.**



**Crab Mac & Cheese**  
**A Special Side Dish for Thanksgiving -**  
**Jackson Hole Restaurants**  
(dishingjh.com)



You are cordially invited to the  
One Hundred Twenty-Ninth Annual  
**The Epicurean Club of Boston**  
**President's Gala**

The Country Club  
191 Clyde Street  
Brookline, MA 02467

*\$125.00 pp*

*Parking on site*

On Thursday, the Second of November,  
Two Thousand Twenty-Three

6:00 pm - Cocktails

7:00 pm - Awards

8:00 pm - Dinner

*Black Tie Optional*



**Leftover Turkey Sandwich**  
**Best Thanksgiving Leftovers Sandwich**  
Recipe - NYT Cooking (nytimes.com)

**November Community Service.**

Volunteers needed to prepare  
Thanksgiving dinner for My Brothers  
Table in Lynn.

Please RSVP to [Chef12@comcast.net](mailto:Chef12@comcast.net) if  
you would like to help out.





Leftover Turkey Nachos.

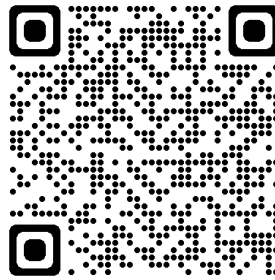
Leftover Turkey Nachos | Greedy Gourmet



Happy Thanksgiving Everyone!

**Coming in December**

- Epicurean Club of Boston Toy Drive.
- Ugly Sweater Party
- ECB Membership meeting at Pearl Street Station.



**Certification update.**

**Certified Executive Chef James Connolly CEC,CCA,AAC**

**James Connolly CEC,  
CCA,AAC  
Certification Corner  
August 1st,2023.**

ACF Certification exhibits a benchmark of excellence by demonstrating professional standards in culinary skills and knowledge of the food service industry. Certified chefs attain the well-deserved recognition



and respect of their peers.

To register for the exam, you can follow this link <https://tinyurl.com/3ykmtbzt>

Registering for ACF Practical Exams

- ACF approval is required prior to registering for practical exams.
- Register online or by submitting Practical Exam Candidate Registration Form.
- The practical exam fee is \$50 for ACF members and \$100 for non-members. Test sites may charge an additional host site fee that is payable to the site hosting the exam.
- Practical exam scores are valid for one year.

[Read More](#)

## PLEASE SUPPORT OUR GENEROUS VENDORS.





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