
Manila Women's Forum

A Network of Women Professionals

October 2013

Health, Safety, and Sanitation in the Kitchen

By Patty Berger and
Lisa Kircher Lumbao

*How safe is
your kitchen?*

How safe is your kitchen? Namrata “Nams” Rattan-Singh shared insights into this question and her passion for Indian cuisine during the September 16MWF meeting. Nams also graciously hosted the meeting and treated us to some of her delicious recipes.

Six years ago, Nams arrived in Manila from India, moved to Cebu and now is back in Manila. With a background in human resources, and the Philippines being a land of new opportunities for her, Nams decided to pursue her dream of sharing the enamoring flavors of Indian cuisine. Fear aside, she began cooking for others and sharing her passion for this cuisine.

Nams decided to return to school for a cooking degree. She is currently pursuing a culinary arts course from Enderun College to get her official chefs certificate from Alain Ducasse Institute Paris. She has also created IndiaNoy Kitchen, specializing in international fit food and healthy kiddo cuisine—personalized party meal boxes, themed menus, kids’ cooking classes etc. She also plans to extend her scope to French pastry/dessert classes.

After being exposed to many different courses at Enderon, Nams chose to share with us what she believes is crucial to ensure that the food served in our homes is safe:

- Proper hygiene (i.e., washing our

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Bing Decena, Nams Singh, Libby Brown-Osuga

October MWF Meeting ■ **When:** 6:30 p.m., Monday, 2013 October 21. ■ **What:** Tony Esteban of the Australian International School will speak about the state of Philippine education, trends in international education and opportunities available for completing international degrees while living in the Philippines. ■ **Where:** Jan Harris’s home, 91 Magallanes Avenue, Magallanes Village, Makati. ■ **Bring:** Something to share for the potluck dinner. ■ **November Meeting:** Monday, 2013 November 21.

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hands, utensils and surfaces often)
- Keeping food at their right temperature. Hot food hot. Cold food cold.

-Cooking at proper temperatures.
-Don't cross contaminate (such as raw meat dripping onto fresh vegetables in the fridge or using the same cutting board for raw meat and fresh produce).

-Refrigerate food promptly (most should only be out for three hours, unless highly perishable such as dairy products, meat, tofu, baked potatoes, and prepared foods such as potato

“If you really want to make a friend, go to someone’s house and eat with him . . . the people who give you their food give you their heart.”

~ Cesar Chavez

“So long as you have food in your mouth, you have solved all questions for the time being.”

~ Franz Kafka

“I want my food dead. Not sick, not dying, dead.”

~ Oscar Wilde

salad, pasta dishes, etc.).

Remember, wash, wash, wash. Wash your hands with soap every hour that you are in your kitchen; wash utensils, cutting boards, and knives. Cleanliness will prevent bacteria from being transmitted and causing food-borne illnesses. Nams told us we need to especially careful to protect those who are at high risk of contracting food-borne illnesses:

- Infants & preschool-age children
- Pregnant women
- Elderly people
- People with special, restricted diets

Nams said one of the biggest factors responsible for food-borne illness outbreaks is time temperature abuse. This happens when food is allowed to remain too long at temperatures favourable to the growth of microorganisms, also known as Temperature Danger Zone. It is between 41 to 135° F (5 to 57° C). It is also important to quickly cool food after cooking and put it in the fridge. Household helpers must be educated on the above facts, since most of them leave rice and cooked foods on the countertops for more than 4 hours, some overnight.

Eggs need to stay below 41°F (which means that the air temperature of the refrigerator needs to be 39° F or lower). Hence storing them in the door is NOT advisable. Ideal storage temperatures and shelf life will vary depending on the food. Always store meat, poultry, seafood and dairy products in the coldest part of the fridge, away from the door.

Nams also shared some of her

favorite summer recipes. Her Cool Cucumber Salad and the AlloChaat were absolutely delicious. The classic Lassi . . . exceptional!

India Noy Kitchen offers classes on Indian, fusion and fit food for cooks, all around helpers, moms and dads, kids, and teenagers. For more information, contact NamsRattan-Singh, Founder/Chef, IndiaNoy Kitchen (Indian, Fusion & Fit Food) and Gourmetkids (Gour-eat Kiddo food). Mobile : 0917-320-0550, Email indianoykitchen@gmail.com, Facebook page IndiaNoy Kitchen Gourmet Kids. ■

Manila Women’s Forum

Manila Women’s Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join.

The current officers are: **Lisa Lumbao**, Chair; **Julia Holz**, Treasurer and Membership; **Beaulah P. Taguiwalo**, Newsletter; **Lisa Stuart**, Message Board Moderator; **Evelyn Mendiola**, Membership; **Shari Virjee Tañada**, Message Board; **Camille Dalmacio**, Message Board.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution of P50 is collected from non-members at each monthly meeting. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at lumbao@mozcom.com.

MWF Newsletter

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