

# Beware of Gravy Food Poisoning This Christmas

MINNEAPOLIS, MINNESOTA, UNITED KINGDOM, December 14, 2015 /EINPresswire.com/ -- No Christmas meal is complete without a nice serving of gravy. However, although this sauce is a delicious complement to any meat or poultry dish, it can also be dangerous. This is as it is a breeding ground for the common food borne bacteria, Clostridium Perfringens.

Clostridium Perfringens occurs when food is prepared in large quantities and kept warm for a long time before serving and that includes gravies. Unlike other foodborne bacteria, Clostridium Perfringens can survive in high temperatures. Spores can germinate, followed by the growth of bacteria during the cooling and holding of the sauce from 54°F-140°F (12°C - 60°C).

The rapid growth of the bacteria can then occur between 109°F-117°F (43°C-47°C). Caution should, therefore, be taken to reheat the gravy before serving to kill the bacteria as live bacteria can be eaten resulting in illness.

To prevent any chance of infecting dinner guests with Clostridium Perfringens from gravies, ensure that the sauce is kept at temperatures warmer than 140°F (60°C) or cooler than 41°F (5°C). Any spores that might have survived during the cooking process will be prevented with the adherence of these temperatures.

The Chef Remi [Cooking Thermometer](#) is a handy kitchen helper that can help in the prevention of food borne bacteria such as Clostridium Perfringens. It is an instant read thermometer that delivers accurate temperature results in seconds.



There is always a risk of splashing when testing gravy temperatures. However, the Chef Remi Cooking thermometer features a splash proof design. Therefore, there shouldn't be any concern about ruining this thermometer overtime. Furthermore, it

recommended temperatures, the Chef Remi Thermometer also boasts an extensive temperature range with the capacity to withstand temperatures of -58°F to 572°F (-50°C to 300°C).

The Chef Remi Cooking Thermometer is available exclusively on Amazon at a retail price of \$14.95. For further information or to purchase one of the thermometers, go to [Amazon.com](http://Amazon.com).

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