

Check crock pots for damage

Slow cookers should be checked periodically to make sure they are reaching temperatures needed to complete cooking during the recommended cooking time, said Lisa Friesen of the Kansas State University Research and Extension family and consumer sciences department.

Obvious signs of age and/or damage to look for are a cracked or broken crockery liner, and a frayed cord or damaged plug.

To test a slow-cooker's cooking performance and reliability, Friesen suggests placing eight cups of water in a slow cooker and set the appliance on low. After two hours, use a thermometer to make sure the temperature of the water reaches at least 165 degrees F. After eight hours on low, the water should be 185 degrees.

It is best if the test is conducted while someone is at home to periodically check on the appliance. If it fails to heat the water to the recommended temperatures, it should be replaced.

More information on food, food safety and preparation is available at www.ksre.ksu.edu/humannutrition, www.ksre.ksu.edu/food-safety/ and www.rrc.ksu.edu.

We'll take it



Appliances, such as this display of hot tubs at last year's show, are a fixture at the Better Home and Living Show. This year, Dynasty Spas, Tri-State Spas and LA Projects will have spas and hot tubs out at the show.

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