



Cooking
is the
#1 cause
of home fires



To learn more about protecting
your family from fire, visit:

www.ontario.ca/firemarshal
www.firesafetycouncil.com



RECIPE FOR THE **PERFECT MEAL**

We're the unexpected guests you **DON'T** want coming over for dinner.

Did you know that cooking is the **#1** cause of home fires? Here are some great kitchen tips to help you cook safely:

Be a potwatcher!

Leaving cooking unattended is the **#1** cause of cooking fires. It's easy to become distracted, so stay in the kitchen when cooking – especially if using oil or high temperatures. If you must leave, turn off the stove.

Handy, but not too handy

Kitchen fires often occur because items are kept too close to the stove. Keep items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.

Kid-proof

Children can easily be burned or scalded in the cooking area. Turn pot handles inward and make sure electrical cords are not dangling from countertops, where they could be pulled over. Make sure an adult is present with young children in the kitchen.

Dress it up

Loose fitting clothing can come into contact with the burners and catch fire. It's safer to wear tight sleeves or roll them up when cooking. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.

Be in the know

Minor burns can be treated by running cool water over the wound for three to five minutes. If the burn is severe, seek medical attention.

Sip and savour

Many people enjoy having a drink when preparing a meal with family and friends. Sipping and savouring are the keys to drinking responsibly when cooking. It's great to have a taste, but save enjoying wine, beer or spirits for the meal. Tragically, many fatal fires are caused by people cooking when they are impaired. Lend a helping hand or keep a close eye on anyone who is impaired and attempts to cook.

the
**PERFECT
MEAL**
begins with a
fire-safe kitchen



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WATCH WHAT YOU HEAT

KNOW WHAT TO DO IF YOU HAVE A COOKING FIRE

- ♦ When cooking on the stove, keep a proper fitting lid close by.
- ♦ If a pot catches fire, slide the lid over the pot to smother the flames and turn off the stove.
- ♦ Never attempt to move the burning pot.
- ♦ If you have a fire in the oven, turn it off and keep the door closed.
- ♦ Get out immediately and call 9-1-1.



ROASTED CHICKEN WITH APPLE HERB STUFFING

Recipe and Photography Foodland Ontario
www.foodlandontario.ca

Nutrients Per Serving

Protein:	27.0 grams
Fat:	14.0 grams
Carbohydrate:	3.0 grams
Fibre:	2.0 grams
Calories:	320

Preparation Time 20 Minutes

Cooking Time

Not Available

Roasting Time: 60 to 75 minutes

Servings 6

Ingredients

- 2 tbsp (25 mL) vegetable oil
- 1 Ontario Onion, diced
- 2 cloves Ontario Garlic, minced
- 1 tsp (5 mL) dried thyme
- 1/2 tsp (2 mL) dried sage
- 5 cups (1.25 L) white or whole wheat bread cubes
- 1/4 cup (50 mL) chopped fresh parsley
- 2 Ontario Apples (such as Empire, McIntosh, Cortland), peeled and chopped (about 2 cups/500 mL)
- Salt and pepper
- 1 Ontario Chicken, 3 to 4 lb (1.5 to 2 kg)
- 2 tbsp (25 mL) butter, melted
- Salt and pepper or seasoning salt (optional)

Preparation

In large nonstick skillet, heat oil over medium heat. Add onion; cook for 5 minutes, stirring occasionally. Add garlic, thyme and sage; cook for 1 minute. Stir in bread cubes and toss to coat. Stir in parsley and apples. Season with salt and pepper to taste. Pat chicken dry with paper towel. Fill cavity with stuffing mixture. Cover opening with end slice of bread or small piece of foil. Brush about 1 tbsp (15 mL) of the melted butter over chicken skin. Sprinkle with salt and pepper, if desired. Place, breast side up, on rack in shallow roasting pan. Roast in 350°F (180°C) oven, basting with remaining butter halfway through, for about 1 hour or until digital thermometer registers 185°F (85°C) when inserted in thigh.

