

# More choices for diners

> Kenny Rogers Roasters' new menu offers fresh options for both meat and veggie lovers

BY EE KWANG

**K**ENNY Rogers Roasters (KRR) recently introduced a new menu designed for meat-lovers, vegetarians and healthy-eaters alike.

Meat-lovers can now sink their teeth into some new offerings. These include the fiery flaming wings – four pieces of chicken wings marinated in a special blend of spicy aromatic spices and roasted to perfection.

Diners can now choose from three teriyaki chicken sets which offer the specially-seasoned Kenny's teriyaki chicken chop.

The teriyaki chicken meal offers three side dishes and a Kenny's home-made muffin while the teriyaki chicken & soup meal offers aromatic rice, mushroom chicken soup and one Kenny's home-made muffin.

Light eaters can opt for the teriyaki chicken lite meal that comes with two side dishes and one Kenny's home-made muffin.

If chicken is not your kind of meat, KRR also offers a grilled

beef steak meal as well as grilled lamb chop meal.

These juicy imported pieces of meat are first marinated with seasoned herbs before being put under the grill and come served with grilled tomato, mashed potato and chunky veggie.

For a healthier option, there is a choice of grilled fish fillet. This seasoned fish is served with aromatic rice and chunky veggie. The aroma is like digging into a chicken rice meal, just that it's fish.

If you're not up for large portion meals, KRR also has smaller portions for those wanting a pick-me-up.

The lamb tortilla wrap meal offers chunks of smoked barbecued

lamb meat mixed with lettuce and cucumber and wrapped in a toasted tortilla skin. You can also order a soup to go with it.

There are also two kinds of sandwiches featured in the new menu which are just great for tea time.

Both the classic chicken sandwich and egg'cellent sandwich come with crisp romain lettuce and a special salad



(above) KRR staff with the array of food choices in the new menu. (left) Kenny's grilled lamb chop.

dressing on wholemeal bread.

The classic chicken sandwich comes with chicken chunks while the egg'cellent sandwich comes with a chopped egg mix.

These sandwiches are served with coleslaw or fresh fruit salad of your choosing.

Vegetarians have not been forgotten. The chunky veggie offers a mix of healthy broccoli, carrot and cauliflower with garlic butter dressing.

Meanwhile, the six slices of Bruschetta bread come toasted and topped with tomato relish made from garlic butter dressing. The Bruschetta even tastes good on its own.

For bigger groups, there is

Kenny's wholesome meal. This large meal consists of a whole roasted chicken with three bowls of side dishes, two mushroom chicken soups, two Kenny's home-made muffins and a jug of ice lemon tea.

There's also a newly-introduced Lite-Up Your Meal which is available for lunch from 11am till 3pm and dinner from 6pm till 9pm on weekdays only.

The Lite-Up Your Meal offers those on-the-go the chance for a quick and light lunch or dinner.

They can choose from Kenny Rogers' version of the chicken rice – the T-chic rice which consists of teriyaki chicken slices with aromatic rice and mushroom

chicken soup; or the Italian delight of pasta with chicken mushroom soup.

Meat-lovers can opt for the house favourite of a Kenny's quarter chicken with two side dishes.

The East Meets West offers Kenny's quarter chicken with Kenny's chicken porridge.

Another meats option available is the fish delight and beef delight which come with a mushroom chicken soup.

While the fish delight offers a grilled fish fillet with aromatic rice, the beef delight has grilled beef slices served with spaghetti.

For more, visit the Kenny Rogers Roasters' website.

## Steps to take for food safety

**FOR THE** 2015 edition of World Health Day this month, consumers and food handlers alike are being reminded about the importance of practising food safety – an issue that can quickly escalate from a local problem to an international emergency in the increasingly-globalised world.

Under the slogan, 'From farm to plate, make food safe', the World Health Organisation's one-day event on Tuesday was being mounted as part of an effort to curb the number of food-borne illnesses which, in 2010 affected an estimated 582 million people and killed 351,000.

That's according to new figures released by the WHO. The most common causes of death were salmonella (52,000), E. coli (37,000) and norovirus (35,000).

Globally, the region in Africa recorded the highest disease burden for food poisoning followed by Southeast Asia, and 40% of the victims were children under the age of five.

Consumers are also being reminded that the public plays an important role in promoting food safety in a major public awareness campaign.

Here are five keys to safe food, according to the WHO:

- ▶ Keep clean.
- ▶ Wash hands before handling food and often during food preparation.
- ▶ Wash hands after going to the toilet.
- ▶ Wash and sanitise surfaces and equipment used for food preparation.



- ▶ Protect kitchen areas and food from animals and insects.

Other steps consumers need to take include:

- ▶ Separate raw meat, poultry and seafood from other foods.
- ▶ Use separate equipment and utensils such as knives, cutting boards for handling raw foods.
- ▶ Store food in containers to avoid contact between raw and prepared foods.
- ▶ Cook food thoroughly, especially meat, poultry, eggs, and seafood.
- ▶ Bring foods like soups and stews to boiling to make sure they have reached 70°C.
- ▶ For meat and poultry make sure juices run clear, not pink. Ideally, use a thermometer.
- ▶ Reheat cooked food thoroughly.

- ▶ Do not leave cooked food at room temperature for more than two hours.

- ▶ Refrigerate promptly all cooked and perishable food (preferably below 5°C).
- ▶ Keep cooked food piping hot (more than 60°C) prior to serving.
- ▶ Do not store food too long even in the refrigerator.
- ▶ Do not thaw frozen food at room temperature.
- ▶ Use safe water or treat it to make it safe.
- ▶ Select fresh and wholesome foods.
- ▶ Choose foods processed for safety, such as pasteurised milk.
- ▶ Wash fruits and vegetables, especially if eaten raw.
- ▶ Do not use food beyond its expiry date. – AFP-Relaxnews

## Popping the popcorn mystery

**TO MOST** people, it may be just a fun food to munch while watching a movie. But to a couple of French investigators, popcorn is a biomechanical enigma waiting to be explained.

In an unusual study published recently, engineers Emmanuel Viro and Alexandre Ponomarenko carried out experiments into what makes popcorn, well, pop.

Cameras recording at 2,900 frames per second helped show what happened when a kernel of corn strutted its stuff.

When the temperature reached 100°C, some of the moisture inside the corn started to turn into steam, the researchers found.

As the temperature rose to around 180°C, pressure built to around 10 bar, or 10 times the atmosphere at sea level.

Unable to withstand the stress, the outer shell broke open, causing a dramatic drop in pressure that forced the kernel's starchy innards to expand and protrude.

"We found that the critical temperature is about 180°C, regardless of the size or shape of the grain," said Viro, an aeronautical engineer at the elite Ecole Polytechnique.

The first thing to emerge



from the fractured shell is a limb-shaped structure – a "leg" – that comes into contact with the surface of the pan and starts to compress under the heat.

Tensed and then released, the "leg" causes the corn to leap up – a height ranging from a few millimetres to centimetres – and emit a "pop" from the sudden release of water vapour.

A few milliseconds later, the granules spewing from inside expand to form a spongy flake. Evolution from fracture to flake takes less than 90 milliseconds – 0.09 of a second.

The popcorn's leap results from an intriguing combination of thermodynamics and fracture mechanics, rather than just the blast of pent-up gases.

"A piece of popcorn has a singular way of jumping, midway between explosive plants such as impatiens, and muscle-based animals such as human beings," the researchers said. – AFP-Relaxnews