

COOKING

IS THE
#1 CAUSE OF HOUSE FIRES



Stay safe when you cook
with Firehouse Chef Jeff's tips:

- Stand by your pan.
Stand in the kitchen when cooking.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Wear short or tight sleeves when cooking.
- Get out and call 9-1-1 if the fire is out of control.
- Create a 3-foot "child-free zone" around the stove. Keep children and pets away from the stove while cooking to prevent burns and scalds.



Try Methuen Firehouse Chef Jeff's **Slow-Cooked Pastrami Ruben**

Ingredients

- ½ lb. of pastrami per person
- 1 sweet onion, diced
- salt and pepper to taste
- 2 tablespoons garlic powder
- 2 tablespoons allspice
- 1 tablespoon paprika
- ¼ – ½ cup water. Use more water for more meat.
- 1 can sauerkraut, optional
- swiss cheese
- marble rye bread
- thousand island dressing

Directions

1. Put first 7 ingredients in a baking pan, cover with foil.
2. Bake in a preheated 250° oven, 3 to 3½ hours.
3. When pastrami is ready, build sandwiches.
4. Butter bread slices.
5. Heat sauerkraut.
6. Heat a frying pan.
7. Put a slice of buttered bread on the hot pan, layer a little thousand island dressing, cooked pastrami, sauerkraut, swiss cheese, a little more dressing and another slice of bread.
8. Grill sandwich on both sides until golden brown.



**STAND BY
YOUR PAN**



Department of Fire Services

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