

Study: Most people not cooking chicken correctly

By KCRA-TV

A study from UC Davis finds most people are making significant mistakes when it comes to cooking chicken.

It found that 65 percent of them did not wash their hands before touching poultry – in fact, half of them washed their chicken instead.

“But what happens is the water splatters and there’s an aerosol that’s created,” said Christine Bruhn, director of the Center for Consumer Research at UC Davis. “And salmonella or any pathogen that could be on that chicken is spread for 2 feet all around your sink.”

Washing the chicken is a habit that Nancy Coben admits she’s been doing for decades.

“Oh yes,” she said. “Always.”

After KCRA 3 told her the UC Davis study showed she was actually spreading bacteria by washing the chicken, Coben said, “All right, I’ll take you up on that. I won’t do it anymore.”

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