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*Do Cooking Methods Prevent Bacteria Growth on Different Meat Types?*

Different types of meat can be cooked using different methods, each representing different levels of contamination from bacteria, and therefore, different levels of safety. Sous vide has become a trend and is considered a superior cooking method. The experiment tested three types of meat (chicken, pork, and beef) cooked seven different ways (microwave oven, convection oven, boiling, ribbed grill, flat grill, frying, and sous vide) to find out which meat and which cooking method had the least amount of bacterial growth. Research showed that meat cooked in the sous vide would have the least bacteria growth. Each cooking method required a different cooking time and the end temperature result, was “well done” for each meat as follows: for chicken 71.11 degrees Celsius, for pork 76.66 degrees Celsius, and for beef, 76.66 degrees Celsius, (USDA, n.d.). Cooked meat was swabbed immediately and bacteria cultures were grown. The boiling method was compared to sous vide for all meat types. The chicken and pork produced less coliform bacteria colonies when cooked in the sous vide compared to the boiling method. Chicken was the most contaminated regarding all of the bacteria groups. However, the pork produced more coliform bacteria as an average. The beef produced high amounts of non-coliform bacteria. The test’s results were very unexpected.