

COOKING TEMPERATURES

USE A FOOD THERMOMETER TO ENSURE THAT YOUR ITEMS ARE COOKED TO THE MINIMUM INTERNAL TEMPERATURE.

MEAT

POULTRY

	<u>TEMPERATURE</u>	<u>REST TIME</u>
WHOLE CHICKEN AND TURKEY	165	NONE
POULTRY BREASTS, ROASTS POULTRY THIGHS	165	NONE
POULTRY LEGS, WINGS	165	NONE
DUCK /GOOSE	165	NONE
STUFFING BIRD	165	NONE
GROUND TURKEY/CHICKEN	165	NONE

PORK

	<u>TEMPERATURE</u>	<u>REST TIME</u>
HAM RAW	145	3 MIN
FRESH PORK	145	3 MIN
PRECOOKED HAM	140	NONE
GROUND PORK	160	NONE

BEEF /LAMB/VEAL

	<u>TEMPERATURE</u>	<u>REST TIME</u>
GROUND	160	NONE
STEAKS, CHOPS, ROAST	165	3 MIN

SEAFOOD

	<u>TEMPERATURE</u>	<u>REST TIME</u>
FISH	145 - COOK UNTIL FLESH IS OPAQUE	NONE
SHRIMP, LOBSTER, CRAB	COOK UNTIL OPAQUE	NONE
CLAMS, OYSTERS, MUSSELS	COOK UNTIL SHELL OPEN	NONE
SCALLOPS	COOK UNTIL OPAQUE	NONE

OTHER FOODS

FOOD

	<u>TEMPERATURE</u>	<u>REST TIME</u>
EGGS	COOK TILL EGG IS FIRM	NONE
EGG DISHES	160	NONE
LEFTOVERS	165	NONE
CASSEROLES	165	NONE