

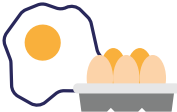
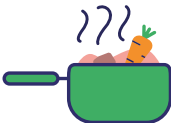
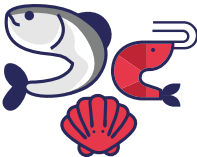


Cooking temperature chart

		Min. cooking temp
 Ground meat and meat mixtures	Beef, pork, veal, lamb	160°F
	Turkey, chicken	165°F
 Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145°F
 Poultry	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165°F
 Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145°F
	Precooked ham (to reheat)	165°F
 Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F
 Leftovers and casseroles	Leftovers and casseroles	165°F
 Seafood	Fish with fins	145°F or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking