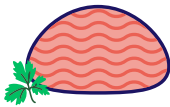



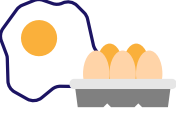
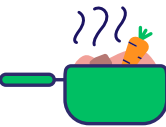
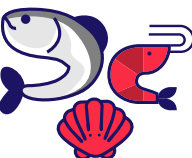


Food temperature chart

| | | Min. cooking temp |
|---|--|---|
|  <p>Ground meat and meat mixtures</p> | Beef, pork, veal, lamb | 71°C |
| | Turkey, chicken | 74°C |
|  <p>Fresh beef, veal, lamb</p> | Steaks, roasts, chops Rest time: 3 minutes | 71°C |
|  <p>Poultry</p> | All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing) | 74°C |
|  <p>Pork and ham</p> | Fresh pork, including fresh ham Rest time: 3 minutes | 71°C |
| | Precooked ham (to reheat) | 74°C |
|  <p>Eggs and egg dishes</p> | Eggs | Cook until yolk and white are firm |
| | Egg dishes (such as frittata, quiche) | 71°C |
|  <p>Leftovers and casseroles</p> | Leftovers and casseroles | 74°C |
|  <p>Seafood</p> | Fish with fins | 63°C 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 |



Save time on daily tasks
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