

COOKING TEMPERATURES



COOK TO THIS
TEMPERATURE
OR HOTTER

Poultry; all stuffed foods	165°F
Ground beef; all pork products, minced, chopped or flaked fish	155°F
Eggs (shell).....	145°F
Game (commercially raised).....	145°F
Beef roast; beef steaks; lamb; veal	145°F

Use a thermometer to check INTERNAL food temperatures.

Microwave cooking:

- * Cover and cook (stir or rotate) to 165°F or hotter
- * Let food stand (with cover on) for 2 minutes.



HOLDING FOOD

- * Reheat food to 165°F or hotter within 2 hours.
- * Keep foods at 140°F or hotter.
- * Check temperatures every 2 hours.