

IS IT DONE YET?

Minimum Recommended Cooking Temperatures

POULTRY



73.9 degrees C. No rest time.

BEEF



62.8 degrees C, medium.
3 minute rest

PORK



62.8 degrees C. 3 minute rest.

LAMB



62.8 degrees C, medium rare.
3 minute rest.

GROUND MEATS



Beef, pork, lamb - 71.1 degrees C.
Chicken, turkey - 73.9 degrees C.

SEAFOOD



62.8 degrees C, until opaque.
Shellfish until opaque. Mussels,
clams, oysters until shells open.

EGGS



Until yolk and white are firm.
Egg dishes, 71.1 degrees C.

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