

IS IT DONE YET?

Minimum Recommended Cooking Temperatures

POULTRY



165 degrees F. No rest time.

BEEF



145 degrees F, medium.
3 minute rest

PORK



145 degrees F. 3 minute rest.

LAMB



145 degrees F, medium rare.
3 minute rest.

GROUND MEATS



Beef, pork, lamb - 160 degrees F.
Chicken, turkey - 165 degrees F.

SEAFOOD



145 degrees F, until opaque.
Shellfish until opaque. Mussels,
clams, oysters until shells open.

EGGS



Until yolk and white are firm.
Egg dishes, 160 degrees F.

Get More Information at

