



Sizzling Cooking Tips

Is It Done Yet?

Use a clean food thermometer to measure the internal temperature of food to make sure meat, poultry, egg dishes, casseroles, and other types of food are cooked all the way through.

Microwave Musts

When cooking in a microwave oven, make sure there are no cold spots in food because bacteria can survive there. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Observe stand times.

Boil and Bubble

Bring sauces, soups and gravies to a boil when reheating.

“EATING OUT” TIP OF THE DAY

Choose menu items that are thoroughly cooked. If it appears that any food, such as beef, pork, chicken, fish, or eggs, has not been thoroughly cooked, return the food for additional cooking.

SAFE COOKING TEMPERATURES

Internal temperature as measured with a food thermometer

Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Whole poultry and poultry parts	165°F
Stuffing (cooked alone or in bird)	165 F

Fresh Pork

Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs & Egg Dishes

Eggs	Cook until yolk & white are firm
Egg dishes	160°F

Seafood

Fin Fish	145°F
	or flesh is opaque & separates easily with fork
Shrimp, Lobster & Crabs	flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking

Scallops	milky white or opaque & firm
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Leftovers & Casseroles	165°F
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- If you have questions or concerns about food safety, contact:
- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at www.fightbac.org.
- Gateway to Government Food Safety Information at www.foodsafety.gov.

The Partnership for Food Safety, a non-profit organization, is creator and steward of the Fight BAC!® food safety education program developed using scientifically based recommendations resulting from an extensive consumer research process.