

Cooking temperature chart

		Min. cooking temp
 Ground meat and meat mixtures	Beef, pork, veal, lamb	160°F
	Turkey, chicken	165°F
 Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145°F
 Poultry	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165°F
 Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145°F
	Precooked ham (to reheat)	165°F
 Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F
 Leftovers and casseroles	Leftovers and casseroles	165°F
 Seafood	Fish with fins	145°F 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

Cooking Temperature Charts Templates

Rogue Plus Publishing

Cooking Temperature Charts Templates:

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