



Safe Cooking Guidelines

saferecipeguide.org

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Beef, pork, veal and lamb (<i>roast, steaks and chops</i>)	145F With a three-minute rest time after removal from the heat source
Beef, pork, veal and lamb (<i>ground</i>)	160F
Poultry (<i>whole, parts or ground</i>)	165F
Eggs and egg dishes	160F Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165F
Finfish	145F
Shrimp, lobster, crabs	Flesh pearly and opaque
Scallops	Milky white, opaque and firm
Clams, oysters and mussels	Shells open during cooking

Source: United States Department of Agriculture

