

## COOKING RAW MEATS



Cooking raw meats thoroughly is an important step in safe food handling. Raw meats and meat products may carry harmful microorganisms which cause foodborne illnesses. Follow the guidelines below to ensure foods are cooked to sufficient temperatures to destroy those harmful bacteria.

- Always use a clean, probe thermometer to measure cooking temperatures.
- Insert the probe into the thickest portion of the meat which will be the last to cook.
- To avoid inaccurate readings, do not allow the tip of the probe to touch the bone or to the cooking pan.
- Before taking any measurements, verify the accuracy of your thermometer by placing it in a cup of ice water. It should read 32 °F (0 °C). Follow the manufacturer's instructions for calibration or replace the thermometer if it is inaccurate.



The chart below lists the minimum, internal cooking temperatures for specific products.

Category	Food Description	Minimum Internal Temperature (listed with rest times, if applicable)
Beef, Pork, Veal, Lamb	Steaks, roasts, chops, whole muscle portions	145 °F (62.8 °C); allow to rest at least 3 minutes after measuring temperature before slicing and serving
	Hamburger, ground meats, and tenderized portions	160 °F (71.1 °C)
Poultry (e.g. chicken, turkey, duck, goose)	Whole, parts, stuffing cooked alone or in bird, ground poultry	165 °F (73.9 °C)
Ham	Uncooked (fresh or smoked)	145 °F (62.8 °C); allow to rest at least 3 minutes after measuring temperature before slicing and serving
	Fully cooked	140 °F (60 °C)
Eggs	Whole eggs, soufflés, egg dishes	160 °F (71.1 °C)
Seafood	Fin fish, shell fish, shrimp, crab, lobsters, etc.	145 °F (62.8 °C)
Leftovers	Products fully cooked at home, then reheated	165 °F (73.9 °C)