



Safe Cooking Guidelines

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SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Beef, pork, veal and lamb (<i>roast, steaks and chops</i>)	145°F With a three-minute “rest time” after removal from the heat source
Beef, pork, veal and lamb (<i>ground</i>)	160°F
Poultry (<i>whole, parts or ground</i>)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F
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

