

Recommended Food Temperatures When Cooking At Home

The U.S. Department of Agriculture and U.S. Food and Drug Administration recommend the following temperatures for consumers. When you sell food to the public use the foodservice temperatures and time although you can cook and serve at higher temperatures.

Never partially cook food for finishing later because this interruption increases the risk of bacterial growth. The minimum recommended oven temperature is 325°F. After the food has reached the recommended internal temperature the oven temperature can be lowered.

Food	Temperature °F
Casseroles/Combination Dishes, Leftovers (including gravy)	165°F
Eggs and Egg Dishes	160°F Cook so both yolks and whites are firm, not runny.
Ground Beef, Veal, Lamb, Pork, Buffalo, Venison, Elk, Moose, Caribou, Antelope and Rabbit.	160°F. Insert a thermometer into ground meat patties. Color is no longer considered reliable for indicating safety.
Ground Poultry (turkey and chicken)	165°F
Hot Dogs, Luncheon Meats, Cold Cuts, Fermented and Dry Sausage, and other Deli-Style Meat and Poultry Products	Heat these ready-to-eat foods until steaming hot throughout to help protect high-risk individuals.
Large Cuts of Beef, Buffalo, Veal and Lamb: Roast and Steaks	145°F – medium rare 160°F – medium 170°F – well done
Rolled, tenderized or scored large cuts of Beef, Buffalo, Veal or Lamb	160°F
Pork Chops and Roasts	160°F
Ham	160°F – fresh or cook-before-eating 140°F – fully cooked 165°F – reheated or repackaged
Chicken, Turkey, Duck and Goose	165°F
Stuffing	165°F
Finfish	The edges should be opaque and the center slightly translucent with flakes beginning to separate. Let stand three to four minutes to finish cooking.
Shrimp, Lobster and Crab	Should turn red and the flesh should become pearly opaque.
Scallops	Turn milky white or opaque and firm.
Clams, Mussels and Oysters	When the shell opens they are done. Throw out those that stay closed.

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