

## Food Thermometers and Temperature Indicators



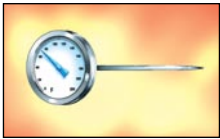
### Dial Oven-Safe (Bimetal)

- Reads in 1 to 2 minutes
- Place 2 to 2½" deep in thickest part of food
- Best used in roasts, whole poultry, casseroles, and soups



### Digital Instant-Read (Thermistor)

- Reads in 10 seconds
- Place at least ½" deep
- Use in thin *and* thick food



### Dial Instant-Read (Bimetal)

- Reads in 15 to 20 seconds
- Place 2 to 2½" deep in thickest part of food



### Disposable Temperature Indicators (Single-use)

- Reads in 5 to 10 seconds
- Place approximately ½" deep (follow manufacturer's directions)



### Pop-Up

- Commonly used in turkeys and roasting chickens
- Pops up when food reaches final temperature for safety and doneness
- Recommendation: Use an additional food thermometer to check temperature in other parts of the food.

## Done Versus Safe: What You Need to Know

Webster's Dictionary defines "doneness" as *the condition of being cooked to the desired degree*. This includes subjective qualities, like a food's appearance, texture, and optimum flavor.

But whether a food is cooked to a "safe" degree is another story. The standard that ensures "safety" is not subjective at all. It's a simple matter of cooking food until the internal temperature reaches the level that ensures destruction of any potential pathogens, as measured with a food thermometer.

Visual signs of doneness should only be taken into consideration *after* the food has reached a safe temperature. And if you're thinking about leaving the food thermometer in the drawer, consider this: According to USDA research, **1 out of every 4** hamburgers turns brown *before* it reaches a safe internal temperature!



## Safe Minimum Internal Temperature Chart

Food	°F
<b>Ground Meat &amp; Meat Mixtures</b>	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
<b>Fresh Beef, Veal, Lamb</b>	
Steaks, roasts, chops	145
<b>Poultry</b>	
Chicken & Turkey, whole	165
Poultry breasts, roasts	165
Poultry thighs, legs, wings	165
Duck & Goose	165
Stuffing (cooked alone or in bird)	165
<b>Fresh Pork</b>	160
<b>Ham</b>	
Fresh (raw)	160
Precooked (to reheat)	140
<b>Eggs &amp; Egg Dishes</b>	
Eggs: Cook until yolk and white are firm	
Egg dishes	160
<b>Leftovers &amp; Casseroles</b>	165

For oven roasting guidelines, see the roasting charts on pages 27 (turkey) and 22 (meats and other poultry).

## Avoid the "Danger Zone"—Keep Hot Food Hot After Cooking

The possibility of bacterial growth is greater when food cools because the drop in temperature allows bacteria to thrive. There are two ways to keep cooked food from entering the "Danger Zone":

- **Don't Interrupt Cooking:** Interrupted cooking allows partially cooked food to cool down . . . and may encourage bacterial growth before cooking is complete. To avoid this, make sure to cook food all the way through the first time.
- **Keep Food at Holding Temperatures:** If you aren't going to serve food right away, it's important to keep it at 140 °F or above. Once food is safely cooked on the stovetop, in the oven, or in a microwave oven, keep food hot by using a heat source. Place food in chafing dishes, on warming trays, or in slow cookers. Check the temperature frequently to make sure food stays at or above 140 °F.

(Also see *Focus On: The "Danger Zone"* on page 9 and *Special Guidelines for Certain Food* beginning on page 20.)

