



## Cooking Temperatures

Product	°F	Product	°F
<b>Eggs &amp; Egg Dishes</b>		<b>Fresh Pork</b>	
Eggs	Cook until yolk and white are firm	Medium	160
Egg dishes	160	Well Done	170
<b>Ground Meat &amp; Meat Mixtures</b>		<b>Poultry</b>	
Turkey, chicken	165	Chicken, whole	180
Veal, beef, lamb, pork	160	Turkey, whole	180
<b>Fresh Beef</b>		Poultry breasts, roast	170
Medium Rare	145	Poultry thighs, wings	180
Medium	160	<b>Stuffing (cooked alone or in bird)</b>	
Well Done	170	Duck & Goose	180
<b>Fresh Veal</b>		<b>Ham</b>	
Medium Rare	145	Fresh (raw)	160
Medium	160	Pre-cooked (to reheat)	140
Well Done	170	<b>Seafood</b>	
<b>Fresh Lamb</b>		Fin Fish	Cook until opaque and flakes easily with a fork.
Medium Rare	145	Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque.
Medium	160	Scallops	Should turn milky white or opaque and firm.
Well Done	170	Clams, mussels, oysters	Cook until shells open.