

## SAFE COOKING TEMPERATURES

as measured with a food thermometer

<b>GROUND MEAT &amp; MEAT MIXTURES</b>	Internal temperature
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

<b>FRESH BEEF, PORK, VEAL &amp; LAMB</b>	145°F
	with a 3 minute rest time

### POULTRY

Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F

### HAM

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

### EGGS & EGG DISHES

Eggs	Cook until yolk & white are firm
Egg Dishes	160°F

### SEAFOOD

Fin Fish	145°F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm

<b>LEFTOVERS &amp; CASSEROLES</b>	165°F
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If you have any questions or concerns, please call the Department of Environmental Health and Safety at (956) 665-3690.

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