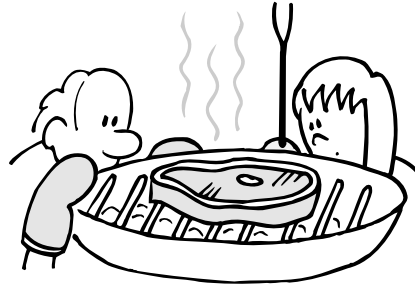


Penn State Pointers ► Backyard Grilling Food Safety

COOKING TEMPERATURES

Product	Fahrenheit
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey, chicken	165
Veal, beef, lamb, pork	160
Fresh Beef	
Med Rare	145
Med	160
Well Done	170
Fresh Veal	
Med Rare	145
Med	160
Well Done	170
Fresh Lamb	
Med Rare	145
Med	160
Well Done	170
Fresh Pork	
Med	160
Well Done	170
Poultry	
Chicken, whole	180
Turkey, whole	180
Poultry breasts, roasts	170
Poultry thighs, wings	Cook until juices run clear
Stuffing (cooked alone or in bird)	165
Duck & Goose	180
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140



Remember...

- Keep hot food hot, cold food cold. Chill meats until ready to grill.
- Marinate raw fish, meat or poultry in a glass dish in the refrigerator.
- Avoid using marinade as a basting sauce or dip if raw meat has been placed in it.
- Charcoal should burn for 30 minutes before cooking. Coals with a light ash coating cook best.
- Use a meat thermometer to make sure the proper internal temperature has been reached.
- Do not place cooked foods on plates that have held raw meat.

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For Spring/April to Fall/September Time Frame