COOKING TEMPERATURES

• Whole and ground poultry, stuffed dishes, casseroles, soups, stews, leftovers: **165°F (74°C)**

• Ground beef, pork, veal, lamb or fish, egg dishes: **160°F (71°C)**

• Fish (fillets, whole pieces): **145°F (63°C)**

• Beef, pork, veal, lamb (roast, steaks, chops): **145°F (63°C)** for 3 minutes

**Check the final internal temperature** of cooked foods with a properly calibrated and clean food thermometer!

• Use a digital or stem thermometer (wait for the temperature reading to remain steady).

• Insert thermometer into the thickest part of the food, in two different locations.

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