
Control Food Temperatures—Heating



Cook food to the proper internal temperature:

-
- 140°F—Fully cooked ham (to reheat)

 - 145°F—Beef, lamb, and veal steaks and roasts, medium rare (medium = 160°F)

 - 160°F—Ground beef, pork, veal, and lamb
Pork chops, ribs, and roasts
Fresh ham (raw)
Egg dishes

 - 165°F—Ground turkey and chicken
Stuffing, casseroles, sauces, soups, gravies, and marinades

 - 165°F—Chicken and turkey breasts
Chicken and turkey, whole bird, legs, thighs, and wings

 - Fish should be cooked until opaque and flakes easily with a fork.

Hold hot food above 140°F.

Check temperatures often with calibrated thermometer.

PENNSTATE



COLLEGE OF AGRICULTURAL SCIENCES

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. U.Ed. AGR06-90

