

# Tips for Buying and Preparing Meats

## Lean Fish Options:

Cod, Flounder, Red Snapper, Drum, and Halibut

## Fattier Fish Options:

Salmon, Tuna, Mackerel, Blue Fish, and Herring

- Smells like body of water it comes from - NO fishy smell!
- Look for clear eyes on a whole fish, NOT cloudy eyes.
- Look for bright color and avoid brown/gray spotted fish.
- Touch of the fish should be firm, NOT mushy or slimy.
- Wild-caught is generally healthier than farm-raised fish.
- Desired internal cooking temperature: 145°F

## Crustaceans: Lobster, crab, shrimp and crawfish

- You may need live crustaceans depending on your recipe!
- Shrimp should have harder shells.
- Younger and/or smaller lobsters have a sweeter and fresher taste.
- Cooking: Look for bright red color of shell with white and firm meat, NOT transparent.

## Clams and Mussels:

- Always buy alive and with a closed shell.
- Cooking: All shells have opened.

## Chicken, Turkey, and Duck

- Look for clear juices from poultry, if bloody the meat is NOT cooked through.
- Desired Internal Cooking Temperature: 165°F

## Beef

- Since beef is 60-75% water, the less you cook it, the juicier it is.
- Caution: Do not serve undercooked beef to youth or those who are ill.
- Desired Internal Temperature:
  - Rare: 125°F, Medium Rare: 130-135°F, Medium: 135-140°F
  - Medium Well Done: 140-150°F, Well Done: 155°F and above



## Pork

- Pork can be dry if overcooked.
- Desired Internal Cooking Temperature: 145°F

Consider using **carry-over cooking** to produce juicier meats by letting the meat rest on a plate covered with aluminum foil at room temperature for 3 minutes:

- **Chicken/Turkey/Duck:** Take out meat at 160°F.
- **Beef:** Take out meat when it is 5°F under desired temperature.
- **Pork:** Take pork out when at 140°F if smaller cut, like pork chops, and 135°F if larger cut such as roast.