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 juicer 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 juicer 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.