



# The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

## Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

### Why the Rest Time is Important

After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful bacteria.

Category	Food	Temperature (°F)	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160°F	None
	Turkey, Chicken	165°F	None
<b>Fresh Beef, Veal, Lamb</b>	Steaks, roasts, chops	145°F	3 minutes
<b>Poultry</b>	Chicken & Turkey, whole	165°F	None
	Poultry breasts, roasts	165°F	None
	Poultry thighs, legs, wings	165°F	None
	Duck & Goose	165°F	None
	Stuffing (cooked alone or in bird)	165°F	None
<b>Pork and Ham</b>	Fresh pork	145°F	3 minutes
	Fresh ham (raw)	145°F	3 minutes
	Precooked ham (to reheat)	140°F	None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm.	None
	Egg dishes	160°F	None
<b>Leftovers &amp; Casseroles</b>	Leftovers	165°F	None
	Casseroles	165°F	None
<b>Seafood</b>	Fin Fish	145°F or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

