

Recommended Cooking Temperatures

Handout 2

Raw Food	Internal Temperature
Ground Products	
Hamburger	160°F
Beef, veal, lamb, pork	160°F
Chicken, turkey	165°F
Beef, Veal, Lamb (roasts and steaks)	
Medium-rare	145°F
Medium	160°F
Well-done	170°F
Pork (chops, roasts and ribs)	
Medium	160°F
Well-done	170°F
Ham, fresh	160°F
Sausage, fresh	160°F
Poultry	
Chicken, whole and pieces	180°F
Duck	180°F
Turkey (unstuffed)	180°F
Whole turkey	180°F
Turkey breast	170°F
Dark meat (turkey)	180°F
Turkey stuffing (cooked separately)	165°F
Eggs	
Fried, poached	Yolk and white are firm
Casseroles	160°F
Sauces, custards	160°F

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