Cooking temperature chart

			Min. cooking temp
	Ground meat and meat mixtures	Beef, pork, veal, lamb	160°F
		Turkey, chicken	165°F
	Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145°F
	Poultry	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165*F
	Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145°F
		Precooked ham (to reheat)	165°F
	Eggs and egg dishes	Eggs	Cook until yolk and white are firm
		Egg dishes (such as frittata, quiche)	160°F
	Leftovers and casseroles	Leftovers and casseroles	165°F
) Seafood	Fish with fins	145°F or cook until flesh is opaque and separates easily with a fork
		Shrimp, lobster, crab and scallops	Cook until flesh is pearly or white, and opaque
		Clams, oysters, mussels	Cook until shells open during cooking



Food Temperature Chart Spreadsheet

Wolfgang Guggemos

Food Temperature Chart Spreadsheet:

Decoding Food Temperature Chart Spreadsheet: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Food Temperature Chart Spreadsheet**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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