

# Cooking Food

## How do you know it's done?

Meat, poultry, seafood and eggs need to be cooked to different temperatures to be safe to eat. Read the following chart to find out what temperature is safe for each food.

### Safe Cooking Temperatures (Internal Temperatures from Health Canada)

#### Ground Meat and Meat Mixtures

Beef, Pork, Lamb and Veal	71°C (160°F)
Turkey, Chicken	74°C (165°F)

#### Fresh Beef, Veal, Lamb

Medium Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)

#### Fresh Pork

Medium	71°C (160°F)
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#### Ham

Fresh (raw)	71°C (160°F)
Pre-cooked (to reheat)	74°C (165°F)

#### Reheating

- Soup, stew, sauce and gravy should be reheated quickly to a full rolling boil.
- A solid food's internal temperature needs to reach at least 74°C (165°F).

#### Poultry

Whole Chicken and Turkey	85°C (185°F)
Poultry Pieces	74°C (165°F)
Duck and Goose	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)

#### Seafood

Fin Fish (for 1 minute, flesh is opaque)	70°C (158°F)
Shrimp, Lobster and Crab (flesh is opaque)	74°C (165°F)

#### Other

Egg dishes, casseroles and leftovers	74°C (165°F)
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