

Cooking Temperatures from the Experts at Schiff's

Casseroles

All 165 F Well

Fresh Beef

Beef Roast (opaque) 145 F Rare
 Beef Roast 148 F Medium
 Beef Roast 155 F Well
 Beef Steak 145 F Rare
 Beef Steak 148 F Medium
 Beef Steak 155 F Well

Fresh Lamb

Lamb 145 F Rare
 Lamb 160 F Medium
 Lamb 170 F Well

Fresh Pork

Chops 160 F Medium
 Chops 170 F Well
 Fresh Ham 160 F Well
 Fresh Ham (Reheat) 140 F Well
 Ribs 170 F Well
 Ribs 160 F Medium
 Roast 160 F Medium
 Roast 170 F Well

Fresh Poultry

Breast 170 F Well
 Chicken Whole 180 F Well
 Duck 180 F Well
 Eggs Well
 Eggs Dishes 160 F Well
 Goose 180 F Well
 Roast 170 F Well
 Stuffing 165 F Well
 Thighs 180 F Well
 Turkey Whole 180 F Well
 Wings 180 F Well

Insert Thermometer into thickest part of meat.

Cook Until Yolk and White are firm.

Better Recommended to Cook Stuffing on Side of Poultry .

Fresh Seafood

Clams Well Shells open during cooking
 Crabs Well Should turn red and flesh pearly and
 Fin Fish 145 F Well Cook until opaque and flakes easily
 with fork
 Lobster Well Should turn red and flesh pearly and
 opaque
 Mussels Well Shells open during cooking
 Oysters Well Shells open during cooking
 Scallops Well Milky white or opaque and firm
 Shrimp Well Should turn red and flesh pearly and
 opaque

Fresh Veal

Veal 145 F Rare
 Veal 148 F Medium
 Veal 155 F Well

Ground Meat

Beef 160 F Well
 Chicken 165 F Well
 Lamb 160 F Well
 Pork 160 F Well
 Turkey 165 F Well
 Veal 160 F Well

Leftovers

All 165 F Well