



Mrs. Cookwell's Steamin' Hot

Food Safety Tips



CANADIAN PARTNERSHIP FOR
CONSUMER FOOD SAFETY EDUCATION
PARTENARIAT CANADIEN POUR
LA SALUBRITÉ DES ALIMENTS

www.CanFightBAC.org

An Industry Standard Chart

*Recommended
internal cooking
temperature*

Ground Meat

Beef, pork, veal	71°C (160°F)
Chicken, turkey	80°C (176°F)

Fresh Beef

Rare	60°C (140°F)
Medium	71°C (160°F)
Well done	77°C (170°F)
Rolled beef roasts or steaks	71°C (160°F)
Beef minute steak	71°C (160°F)

Fresh Pork

Pork chops	71°C (160°F)
Roasts	71°C (160°F)
Fresh cured ham	71°C (160°F)
Cooked ham (to reheat)	60°C (140°F)

*Recommended
internal cooking
temperature*

Poultry

Chicken, turkey—whole, stuffed	82°C (180°F)
Chicken—whole, unstuffed	82°C (180°F)
Turkey—whole, unstuffed	77°C (170°F)
Chicken, turkey—pieces	77°C (170°F)

Stuffing

Cooked alone	74°C (165°F)
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Eggs & Egg Dishes

Egg casseroles, sauces, custards	71°C (160°F)
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Leftovers—reheated	74°C (165°F)
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Thanks to the following industry groups for their input to the cooking chart:

- Beef Information Centre
- Canadian Egg Marketing Agency
- Canadian Pork Council
- Chicken Farmers of Canada
- Canadian Turkey Marketing Agency

