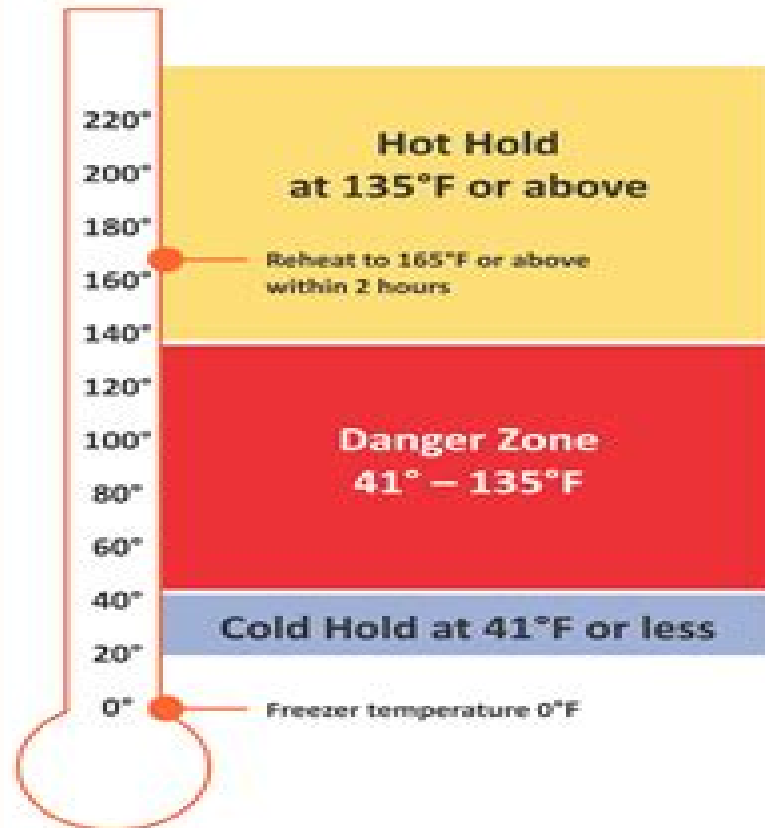


Cooking Temperatures

Minimum Cooking Temperatures

Wait until thermometer reads final temperature for at least 15 seconds

Danger Zone, Hot & Cold Hold Temperatures



165°F

Poultry, stuffed meats, stuffed fish, stuffed pasta; stuffing containing fish, meat or poultry



155°F

Ground meat and ground fish, sausage, restructured or injected meats, pooled eggs



145°F

Eggs, fish, solid meat, pork



145°F

Whole-muscle, intact beef steak (must achieve a cooked color change on all external surfaces)



***130–158°F**

Roast beef, roast pork and ham

**See time/temp chart in Sec. 246-215-03400 in the WA State Retail Food Code. Visit our web site for a copy of the chart.*



135°F

Wild-harvested mushroom cooked for immediate service and plant food for hot holding.

Meat Thermometer Guide

L Reisser



Meat Thermometer Guide:

The Complete Guide to Food Preservation Angela Williams Duea, 2011 Provides directions for preserving fruit vegetables and meat using the methods of pickling freezing bottling drying salting and curing [The Complete Idiot's Guide to Cooking—for Guys](#) Tod Dimmick, 2004-10-05 No more burnt offerings Whether it s nachos or crock pot kielbasa a party something quick for the kids lunch a romantic date night or dinner for one this guy friendly cookbook features over 230 real food recipes for everything from vegetables pasta and desserts to leftovers appetizers and grilling Instead of relying on shortcuts canned food or unhealthy processed ingredients it pares down complex cooking instructions explains basic cooking terms figures in prep time and cook time and allots larger portion sizes Notes high salt or high cholesterol recipes Includes more than 230 recipes Provides special tips advice and recipe construction for beginners plus bigger portion sizes for hungry men [The Complete Idiot's Guide to Eating Paleo](#) Jason Glaspey, Neely Quinn, 2012-04-03 Get everything you need to know to eat like our ancestors and go paleo Going paleo can be confusing but it doesn t have to be Whether you re looking to lose weight or transform your health the paleo diet with its emphasis on eating protein rich meats and seafood fruits and vegetables and nuts and seeds while eliminating sugars carbs and dairy is a revolutionary way to lose weight reduce inflammation and improve overall health but most people often don t know how to get started on it The Complete Idiot s Guide to Eating Paleo is the only guide any beginner will need to get started with this life changing diet Now you can learn how to get started on the diet and stick with it from the experts at paleoplan com Here s what you ll find inside A complete breakdown of the paleo diet including how it works why it benefitted our ancestors and how it can benefit us today and how it can transform your health Over 100 delicious paleo recipes with detailed meal plans each with detailed nutrition information so you ll know exactly what you re eating and know that you re going 100% paleo Detailed guidance on what to eat and what not to eat and how you can eliminate the bad foods in your diet and integrate the good foods so you can achieve your nutrition goals Tips for sourcing ingredients stocking your pantry for paleo and stocking your fridge and freezer with paleo friendly ingredients **American Dietetic Association Guide to Better Digestion** Leslie Bonci, MPH, RD, 2007-07-17 Self manage digestive disorders through dietary choices Suffering from a gastrointestinal disorder whether it s irritable bowel syndrome gas constipation heartburn or another condition can be embarrassing and debilitating While medical treatments and prescriptions can offer relief one of the most important ways you can help yourself is to choose the right foods to eat Backed by the American Dietetic Association this user friendly guide shows you how to analyze your eating habits so that you can map out a dietary plan to manage and reduce the uncomfortable symptoms of digestive disorders You ll find practical recommendations for implementing changes in your lifestyle and advice on steering clear of common dietary mistakes Your meals will be pleasurable and nourishing experiences not painful ones when you discover how to make the best and most comfortable food choices so you can embark on the road to digestive health **A Guide to Canning,**

Freezing, Curing & Smoking Meat, Fish & Game Wilbur F. Eastman, Jr., 2011-03-09 This no nonsense guide to canning freezing curing and smoking meat fish and game is written in down to earth informative everyday language The third edition of this perennial bestseller is completely revised and updated to comply with the latest USDA health and safety guidelines Includes dozens of delicious recipes for homemade Beef Jerky Pemmican Venison Mincemeat Corned Beef Gepocketele German style cured pork Bacon Canadian Bacon Smoked Sausage Liverwurst Bologna Pepperoni Fish Chowder Cured Turkey and a variety of hams Learn tasty pickling methods for tripe fish beef pork and oysters An excellent resource for anyone who loves meat but hates the steroids and chemicals in commercially available products **Professional Cooking, 10e**

Student Study Guide Wayne Gisslen, 2025-04-22 This is the study guide to accompany Professional Cooking 10e The Tenth Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual skills to apply this knowledge

The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition Heidi McIndoo, M.S., R.D., L.D.N., Shelly James, 2011-12-06 Features 50 delicious new recipes Includes new meal plan feature that targets readers daily sodium intake thresholds **The Ultimate Guide to Frying** Rick Browne, 2021-09-07 All the expertise you ll ever need Regis Philbin Just when you think you ve run out of things to fry Ultimate Frying is here to rescue you Rick Browne honorary Doctor of Barbeque takes us on a savory ride through the world of frying with more than one hundred recipes for anything and everything you could possibly imagine Battered buttered dunked and even forked the recipes included in this book ensure that the most delicious food goes from the frying pan to the plate With easy to understand instructions and detailed photos this is the fryer s dream cookbook From meat to desserts sides to shellfish Ultimate Frying is the cookbook above all cookbooks for any frying questions Beginning with a detailed guide to oils and frying equipment Browne paints the complete picture for anyone interested in how to fry just about anything in their home and make it tasty too With recipes such as Buttermilk Fried Chicken Walla Walla Onion Rings Beer Battered Trout Stumptown Oysters N Bacon Fried Shrooms Kathleen s Cauliflower Ettes and many more this cookbook is sure to leave its readers satisfied *The Cheese Lover's Cookbook & Guide* Paula Lambert, 2001-01-09 Paula Lambert is a godsend to cheese lovers everywhere She so yearned for delicious cheese that she built her own factory the Mozzarella Company in Dallas Texas The Cheese Lover s Cookbook and Guide is her indispensable resource on buying storing cooking and serving cheese and even making your own cheese at home In more than 150 recipes Lambert presents a down to earth approach to cooking with many varieties whether it s Gruy re Camembert or just tried and true Cheddar Learn to put the cheeses you love into every meal from appetizers like a Savory Herbed Cheesecake to such desserts as an Orange Ricotta Almond Tart With so many wonderful cheeses available it can be difficult

to choose among them To help navigate this abundance of riches The Cheese Lover s Cookbook and Guide contains descriptions of a hundred cheeses by taste texture country of origin and type of milk used to make them as well as suggestions on selecting cheeses and putting together a cheese course when entertaining Reflecting various influences Southern Mexican Southwestern and Italian The Cheese Lover s Cookbook and Guide is at once international and familiar and always full of flavor Because Lambert is a cheesemaker she is not afraid to experiment in the kitchen and she shares her delicious results From the bold and unusual Artichoke Spinach and Goat Cheese Spring Rolls to the delicious and traditional Fettuccine ai Quattro Formaggi cheese is the main focus in each of these artfully creative recipes She also includes recipes for courageous and unintimidated cooks to make their own Cr me Fra che Fresh Cream Cheese Cottage Cheese Mascarpone Ricotta Queso Blanco and Aged Tomme at home For home chefs and anyone interested in learning more about the delicious world of cheese The Cheese Lover s Cookbook and Guide is ideal Every cheese lover will be thrilled with the mouth watering results

The Ultimate Grill Guide ROGER ATKINSON, 2024-06-28 This comprehensive guide to grilling covers everything from choosing the right grill to mastering various cooking techniques for meats seafood vegetables and more It includes step by step instructions safety tips and a collection of delicious recipes to elevate your grilling game

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