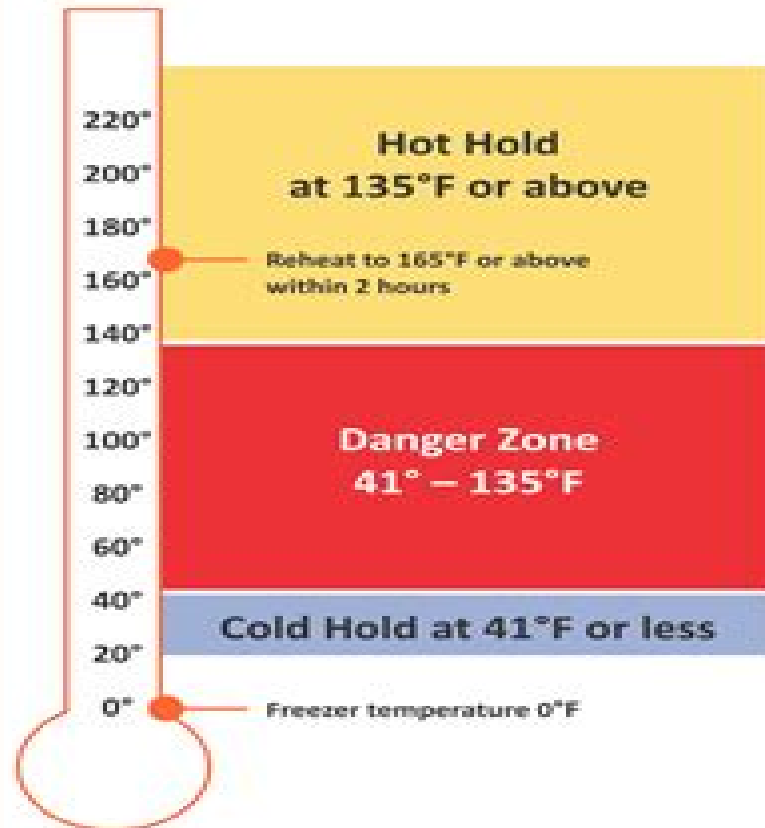


# Cooking Temperatures

## 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

**Wayne Gisslen**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **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 In *The Complete Idiot's Guide to Cooking for Guys* chef and author Tod Dimmick brings a guy's perspective to dozens of recipes from Sloppy Joe's Chili Nachos and Wings to Beer Can Chicken Skillet Ham and Eggs Crock Pot Kielbasa and Garfield's Lasagne Whether it's for a large crowd Firehouse Cooking the kids Recipes Even Kids Will Eat date night Food for Love or Appetizers Food for the Big Game men of all ages will find something to love in this unique guy's only cookbook Complete with chapters on vegetables pasta desserts leftovers nice dinners picnics grilling entertaining and Mexican food *The Complete Idiot's Guide to Cooking for Guys* also features chapters and recipes to go with specific appliances including the oven stovetop broiler and slow cooker It also covers basic cooking terms and methods as well as spices rubs and secret sauces

*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

**The Complete Idiot's Guide to Low Sodium Meals** Heidi McIndoo MS RD LDN, Shelly James, 2006-04-04 When someone is trying to curb his or her sodium intake preparing food that is tasty and nutritious can be difficult This book offers readers over 250 recipes the whole family can enjoy From appetizers to desserts and everything in between this book focuses on everyday recipes families will love put together with simple and flavourful salt substitutes Over 250 appealing easy to prepare recipes including snacks sauces and condiments categories often loaded with sodium Covers the many herbs and spices that can be used as salt substitutes and provides advice on how to find the hidden sodium content in unlabelled foods and when eating out More than 65 million Americans suffer from hypertension

**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      **Study Guide to Accompany**

**Professional Cooking** Wayne Gisslen,Mary Ellen Griffin,2010-04-05 The Study Guide to Accompany Professional Cooking Seventh Edition is a useful tool to help students study and review the material in the textbook Professional Cooking It contains 35 chapters of key exercises related to key terms true false questions completion short answer and other written exercises and math exercises The purpose is to reinforce learning support your study efforts and assist you in mastering the material      **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 Ultimate Grill Guide** ROGER

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meal plan feature that targets readers daily sodium intake thresholds      **The Complete Idiot's Guide to Fast and Fresh Meals** Ellen Brown,2007-05-01 Don t sacrifice taste for time Designed for cooks who want to eat great healthy meals without spending all their time in the kitchen this book is a must have for every kitchen With more than 300 recipes and plenty of time saving shopping and storage tips The Complete Idiot s Guide to Fast and Fresh Meals provides everything from quick hors d oeuvres and appetizers to dessert all made fresh in record time Recipes can be made quickly from fresh ingredients and do not rely on prepackaged foods More than 300 recipes many with clever variations Organized for easy reference

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*The Complete Idiot's Guide to Sausage Making* Jeanette Hurt, Jeff King, 2012-02-07 Features sixty five recipes for all meats including game and seafood Also includes delicious recipes for vegetarian sausages and home made condiments

**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

**The Harvard Medical School Family Health Guide** Anthony L. Komaroff, Harvard Medical School, 1999 The first family health guide for the age of managed care filled with accessible and empowering information compiled by the world s most esteemed doctors and researchers Includes more than 900 illustrations original full color slides showing the latest diagnostic imaging tests and online updates keyed to the book

*Using a Guide to Great Hunting* Pasquale De Marco, 2025-05-04 Are you ready for an unforgettable hunting experience Using a Guide to Great Hunting is your ultimate guide to finding and working with a hunting guide In today s competitive hunting landscape guided hunts offer a unique opportunity to access prime hunting grounds learn from experienced professionals and increase your chances of success However choosing the right guide and preparing for a guided hunt can be a daunting task This comprehensive book covers everything you need to know about guided hunting from finding and booking a guide to preparing for your hunt communicating effectively with your guide and handling unexpected challenges We ll also explore the ethical and responsible practices that every hunter should follow Our goal is to empower you with the knowledge and skills you need to have a successful and rewarding guided hunt Whether you re pursuing trophy game seeking a new hunting adventure or simply want to improve your hunting skills this book is your essential companion Join us as we delve into the world of guided hunting Together let s unlock the secrets to finding the perfect guide maximizing your hunting experience and creating memories that will last a lifetime Inside Using a Guide to Great Hunting you ll discover How to find and book the right guide for your hunting needs What to expect from a guided hunt and how to prepare for it Effective communication strategies for working with your guide Tips for handling unexpected challenges and emergencies Ethical and responsible hunting practices for guided hunts And much more Whether you re a seasoned hunter or just starting out Using a Guide to Great Hunting is your ultimate resource for guided hunting Get your copy today and start planning your

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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     *Prepper's Long-Term Survival Guide, 2nd Edition* Jim Cobb,2023-01-03 A Simon Schuster eBook Simon Schuster has a great book for every reader

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