

Schmidts MEAT MARKET

Minimum Cooking Temperatures

Information taken from www.foodsafety.gov

Category	Food	Internal Temperature (F°)
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160°
	Turkey, Chicken	165°
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145°
Poultry	Chicken & Turkey – Whole	165°
	Poultry breasts, roasts	165°
	Poultry thighs, legs, wings	165°
	Duck & Goose	165°
	Stuffing – cooked alone or in bird	165°
Pork & Ham	Fresh pork	145°
	Fresh ham (raw)	145°
	Precooked ham (to reheat)	140°
Leftovers & Casseroles	Leftovers & Casseroles	165°

Reheating fully cooked ham:

Put on a rack in a roaster; add water to the bottom and cover tightly with aluminum foil. Heat in a 325° oven, about 15 – 18 minutes per pound.

Spiral Cut – same process, but cut back the time to 10-18 minutes per pound.