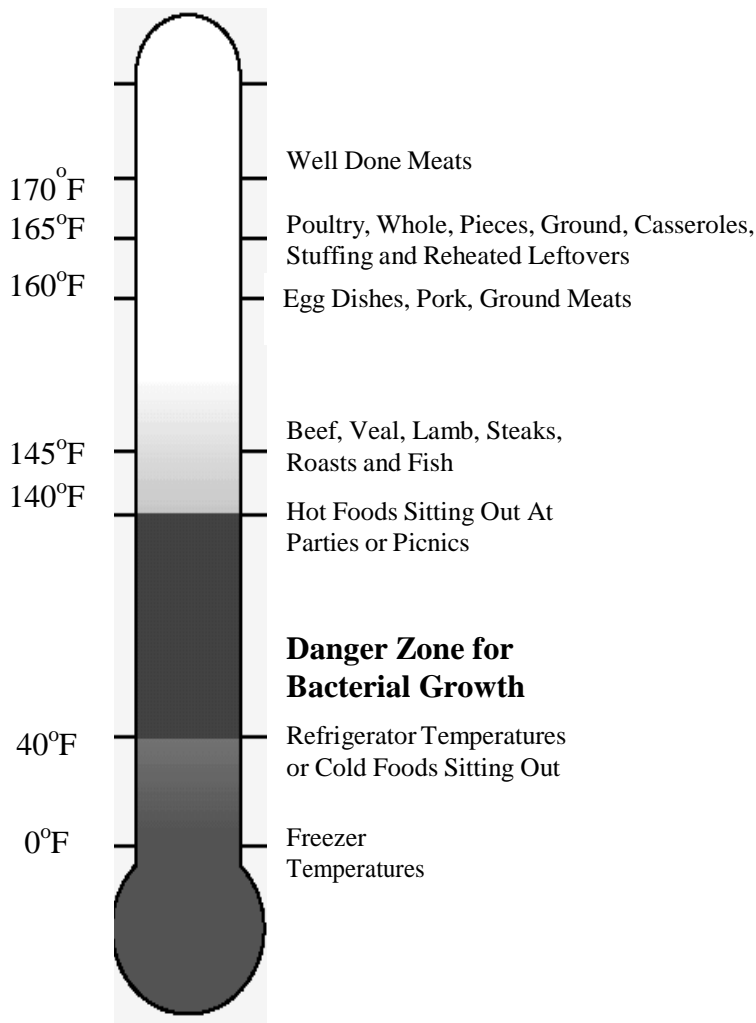


Safely Cooked Meats

Is it **DONE** YET?

Safe Cooking Temperatures



Always Cook Foods To A Safe Temperature Before Eating

Ground Meat and Ground Poultry

- Put the thermometer into the thickest part of the food. For thin patties, insert it sideways.

Beef, Pork, Lamb, Veal and Ham-Roasts, Steaks or Chops

- Put the thermometer into the thickest part.
- For thin pieces of meat insert it sideways.
- Keep it away from the bone, fat and gristle.
- Keep it from touching the pan.

Poultry and Fish

- Put the thermometer into the thickest part. Do not touch the bone or any part of the pan.

Stuffing

- To make stuffing in a dish: It is safest to cook stuffing this way. Mix the wet and dry ingredients and cook right away at 325°F for 30-40 minutes.
- To make stuffing in the chicken or turkey: Mix the wet and dry ingredients. Loosely stuff the bird and cook it right away. Check the temperature of the stuffing and make sure it is 165 °F.

Casseroles and Egg Dishes

- Put the thermometer at a steep angle into the thickest part of the food.

Re-heating Foods

- Re-heat foods all the way through. Soups and gravies should be re-heated to a rolling boil.

1-28-16



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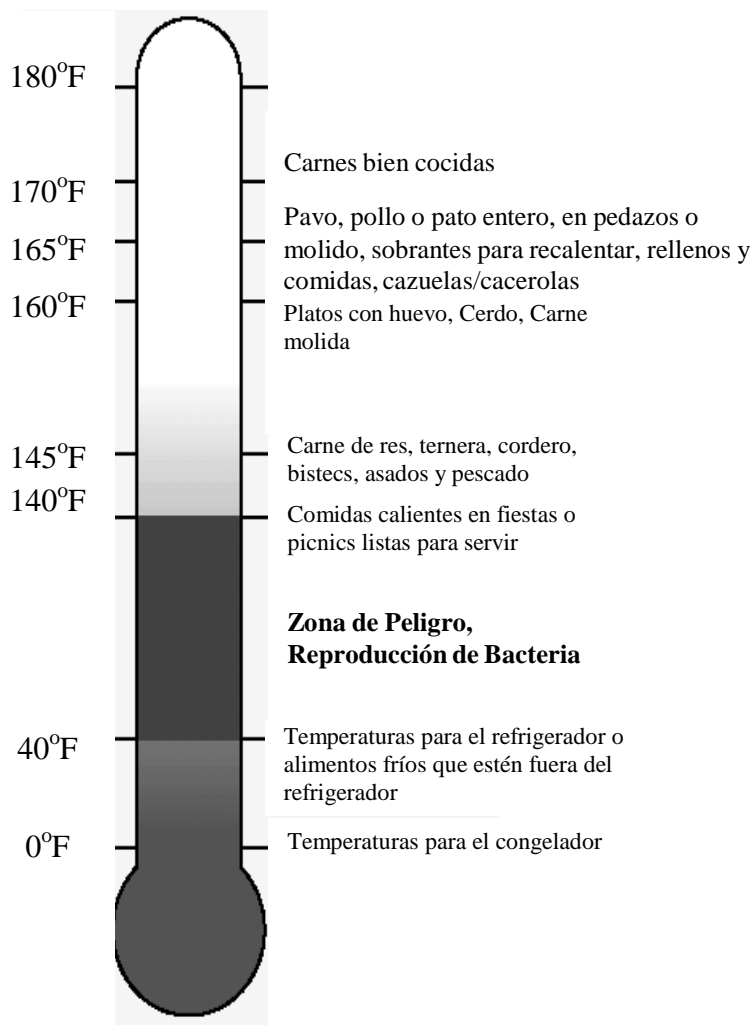
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COCINE LOS ALIMENTOS ADECUADAMENTE

¿Está Bien **COCIDO**?

Niveles de Temperatura Adecuados Para Cocinar



Siempre Cocine Sus Alimentos a Temperaturas Adecuadas Antes de Consumirlos

Carne Molida, y Carne de Ave Molidas

- Coloque el termómetro en la parte más gruesa del alimento. Para hamburguesas finas inserte el termómetro de costado.

Carne de Res, Cerdo, Cordero, Ternera y Jamón Asado, Bistecs o Chuletas

- Coloque el termómetro en la parte más gruesa.
- Manténgalo alejado del hueso, grasa y cartílago.
- Evite que toque el recipiente.

Aves y Pescado

- Coloque el termómetro en la parte más gruesa, que no toque el hueso o el recipiente.

Rellenos

- Para cocinar el relleno en un recipiente separado- La forma más adecuada de preparar el relleno es en un recipiente separado. Mezcle los ingredientes secos y líquidos y cocine inmediatamente a 325°F de 30 a 40 minutos.
- Para cocinar el relleno dentro del pollo o pavo : mezcle los ingredientes secos y líquidos. Rellene ligeramente el ave y cocine inmediatamente. Controle la temperatura del relleno y asegurese que sea de 165 °F.

Cazuelas y Platos con Huevo

- Coloque el termómetro inclinado en la parte más gruesa del alimento.

Recalentando Alimentos

- Recaliente los alimentos completamente. Las sopas y las salsas cocidas (gravies) deben ser recalentadas hasta que hiervan bien.

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