

# MEAT & POULTRY TEMPERATURE GUIDE

Safe minimum internal temperatures recommended by the

**USDA**

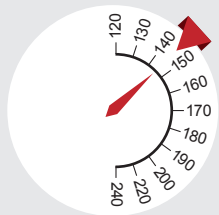
Preferred internal temperatures based on taste and texture recommended by

**JOHN MALEY**

*UW Club Executive Chef*

▶ All meats need to rest 5-7 minutes to fully cook

145°



Fish & Shellfish



Pork

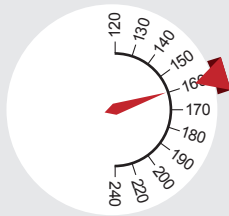
▶ Plus 3 minutes of rest



Beef, Lamb, & Veal

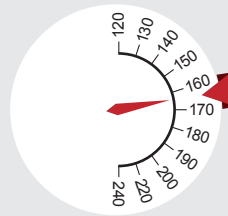
▶ Plus 3 minutes of rest

160°



Ground Meat

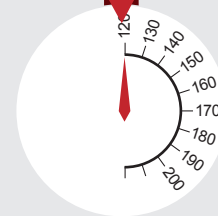
165°



All Poultry

(whole, parts, stuffed, ground)

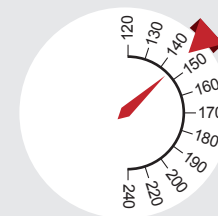
120°



Beef, Lamb, & Veal

150° — well done  
145° — medium well  
140° — medium  
130° — medium rare  
120° — rare

145°



Fish & Shellfish

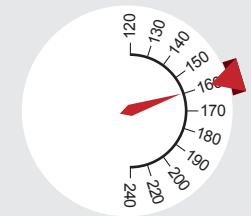
(never above 145°)



Pork

160° — well done  
150° — medium well  
145° — medium

160°



Ground Meat

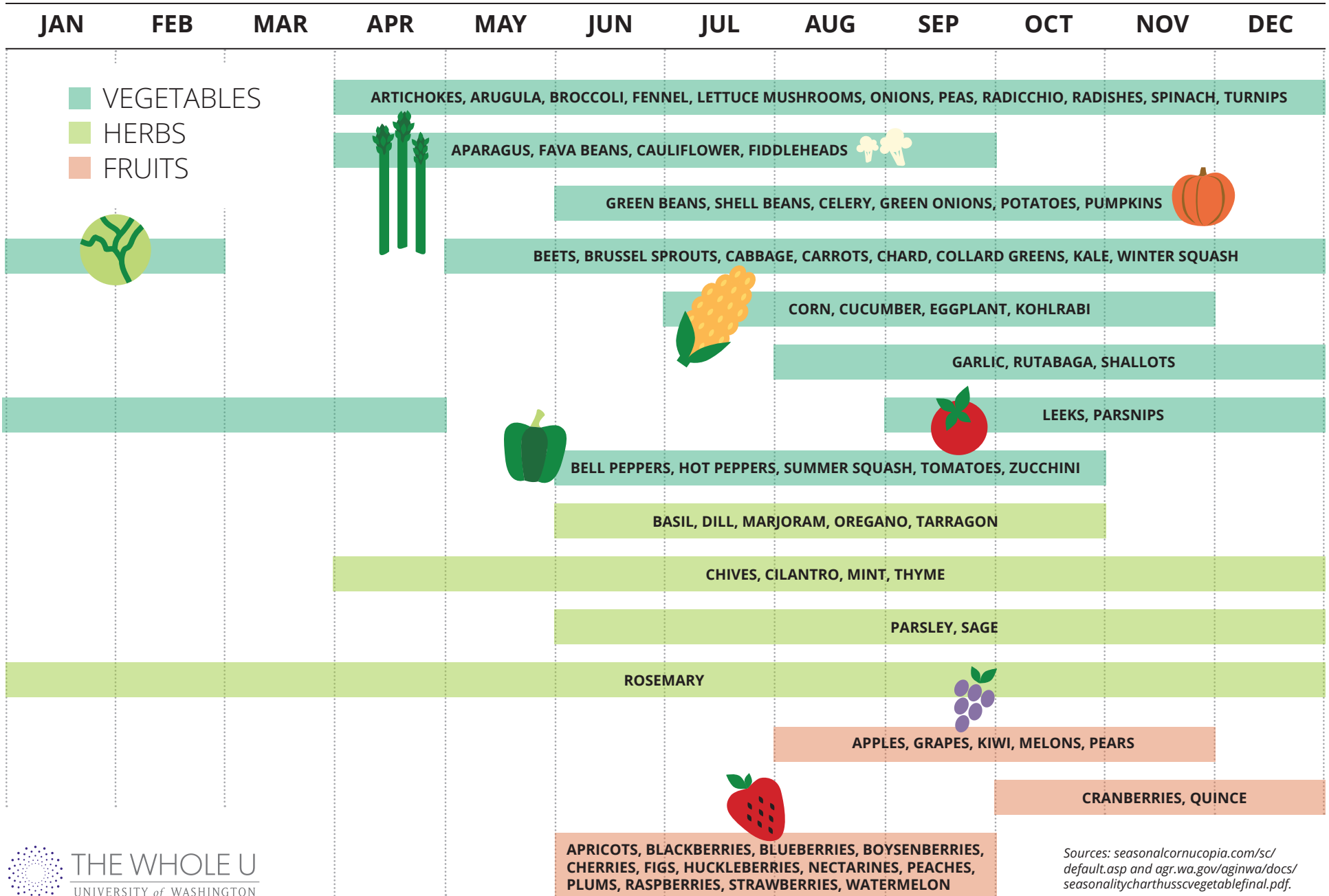


All Poultry

(whole, parts, stuffed, ground)

# PRODUCE in-season Guide

This list is a general guide. Dates may fluctuate based on weather.



- VEGETABLES
- HERBS
- FRUITS



# STORING PRODUCE

## PANTRY

(or any other cool, dark, and dry place)

Pumpkin



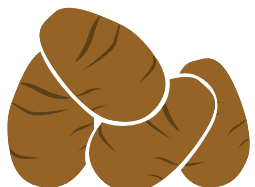
Garlic  
Onions  
Shallots



Sweet potatoes



Potatoes



## FRIDGE

Keep fruit and veggies in perforated plastic bags in the produce drawers of the refrigerator.

Many fruits produce ethylene gas, which acts like a ripening agent and can speed spoilage. For this reason, **keep fruits and veggies separate.**

As a general rule of thumb, **veggies like high humidity** and **fruits like low humidity.**

### LOW HUMIDITY



### FRUIT

- Most fruit
- High-ethylene gas producers: Avocados, apples, apricots, cantaloupe, figs, honeydew, kiwi, nectarines, peaches, plums

### HIGH HUMIDITY

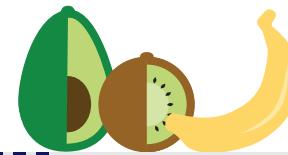


### VEGETABLES

- Most veggies
- Any produce that wilts
- Produce sensitive to ethylene gas: Leafy & head greens, herbs, broccoli, brussels sprouts, carrots, cauliflower, cucumbers, eggplant, peas, peppers, squash

Sources: [eatright.org](http://eatright.org), [ucce.ucdavis.edu/files/datastore/234-1920.pdf](http://ucce.ucdavis.edu/files/datastore/234-1920.pdf), [thekitchn.com](http://thekitchn.com)

## RIPEN ON COUNTER, THEN STORE IN FRIDGE



Avocados, Bananas, Kiwi, Peaches, Pears, Nectarines, Plums

## COUNTER

Limes  
Lemons



Tomatoes

Basil