

MEATS DONENESS CHART

"Culinary Creations and Wonders"

The St. Lucie Council of Catholic Women, Port St. Lucie FL

Description	Degrees Fahrenheit
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Ground Meat & Mixtures

Turkey, Chicken	165°
Veal, Beef, Lamb, Pork	160°

Fresh Beef

Medium Rare	145°
Medium	160°
Well Done	170°

Fresh Veal

Medium Rare	145°
Medium	160°
Well Done	170°

Fresh Lamb

Medium Rare	145°
Medium	160°
Well Done	170°

Pork

Well Done	170°
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Poultry

Chicken, Whole	180°
Turkey, Whole	180°
Poultry Breasts, Roasted	170°
Poultry Thighs or Wings	180°
Duck and Goose	180°

Seafood

Fin Fish	Cook until opaque and flakes easily.
Shrimp, Lobster, Crab	Shell should turn red with flesh fairly opaque.
Scallops	Flesh should turn milky white or opaque and firm.
Clams, Mussels, Oysters	Cook until shells open. Discard any unopened.