



Temperatures to Check

180 °F: Chicken and turkey. Whole birds, legs, thighs and wings.

170°F: Chicken and turkey breasts.

165°F: Ground turkey and chicken. (Poultry is safe to eat at 160°F, but the meat may not look fully cooked. Between 170°F and 180°F, poultry looks fully cooked).

160°F: Ground beef, lamb, veal and pork. Ham, Game meat.

145°F: Beef, lamb and veal steaks and roasts (medium-rare) or higher.

For more information, visit:

<http://foodsafety.wsu.edu/consumers/factsheet.asp?pid=96>

OR

<http://fsis.usda.gov/thermy/>



University of Idaho



Partnership among WSU, UI and Albertsons.

This material is based on work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture under Agreement No. 2001-51110-11464.



Tired of *tough* and *dry* burgers?

They may be overcooked.

Like juicy burgers but concerned about *safety*?

... No Problem.

FACT A burger cooked to **160°F** is always **JUICY & TENDER**. And of course, it's **SAFE!** The **ONLY** way to be sure when meat is safe to eat is by testing the temperature with a thermometer!



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Recipe: 'perfect' burgers

Serves 4. (15 min)



① Mix 1 lb of ground beef with your choices below (or without, to make plain ones):

- ▶ **Italian Burger:** 3/4 teaspoon dried Italian seasoning, 1/4 teaspoon EACH of onion powder, salt and garlic powder.
- ▶ **Mexican Burger:** 1 package of dried taco seasoning.
- ▶ **Oriental Burger:** 2 tablespoons soy sauce, 1/4 teaspoon EACH of onion powder, garlic powder and ground ginger.

② Form ground beef into patties, and cook until internal temperature of the patty tested with a thermometer reaches **160°F**. How?

Here is HOW. 

Quick & Easy Steps to check your meat for proper temperature:

Step 1: Insert the stem of a thermometer into the **SIDE** of the meat (Just like the picture on the right).



Step 2: Insert the stem so at least 2-3" (dial thermometer, left picture) or a half inch (digital thermometer, below) is in the center of the meat.

Step 3: Allow 15-20 seconds for the temperature to stabilize.

③ When the internal temperature reaches **160°F**, place burger on bun and top with choice of condiments and garnishes. Italian burgers are great with Mozzarella cheese and olives. Mexican burgers will be fabulous with Monterey Jack cheese and sliced avocado.



Dial Type



Digital Type

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