



Cook:

Cook to proper temperatures

Food is properly cooked when it is heated for a long enough time at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

- It is always best to use a clean thermometer to check the temperature of cooked foods.
- If you do not have a thermometer, use the following signs to tell if the food is done:
 - **Ground Beef** — no pink or red juices and the juices are clear.
 - **Eggs** — firm yolks and whites.
 - **Fish** — opaque and flakes easily with a fork.
 - **Soups and other liquid foods** — rolling boil.
 - **Casseroles** — steaming hot and bubbling.
 - **Poultry** — golden brown, fork tender, and the juices are clear.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. If there is no turntable in your microwave, rotate the dish by hand once or twice during cooking.
- Reheat leftovers thoroughly to at least 165°F or until they are steaming hot or bubbling.

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