



Cooking

Use a food thermometer to check that foods are cooked to the proper internal temperature. Check the temperature in several places to be sure food is evenly heated. Wash the thermometer with hot soapy water after each use.

Use tested recipes to avoid the risk of tasting foods before it reaches a safe internal cooking temperature.



Thermometers

There are several types of thermometers available:

- Oven-safe – the thermometer is inserted into the food, such as a roast, at the beginning of cooking and left there throughout cooking.
- Dial instant read – not designed to stay in the food during cooking. Insert probe 2 to 2.5 inches into food and leave for 15 to 20 seconds. For thin foods, like hamburger, insert in the center.
- Digital instant-read – also not designed to stay in food during cooking. Place the tip of the probe in the center of the thickest part of the food and leave for about 10 seconds.



For information on proper cooking temperatures, refer to the [Fight BAC Cook: Heat It Up Chart!](#)

Selecting Recipes

- Use tested recipes to avoid the risk of tasting foods before it reaches a safe internal temperature.
- Eggs should be eaten after thoroughly cooked. Do not use recipes in which eggs remain raw or partially cooked. Prepare eggs immediately after breaking and when possible, use pasteurized eggs instead of raw eggs.
- Avoid recipes using oven cooking temperatures below 325°F.
- For more information on recipes, refer to the [Food Safety Recipe Checklist](#) (pdf file).



Cooking Ahead of Time

- Never partially cook food for finishing later because you increase the risk of bacterial growth in the food. Bacteria are killed when foods reach a safe internal temperature.

Using Ovens

- Using a convection oven can reduce the oven temperature by 25°F. Refer to the manufacturer's instructions for more information.
- A microwave oven must be used with care to make sure food reaches a safe temperature throughout.
 - Cover food, and stir and rotate food halfway through microwaving time for more even cooking.
 - Partial cooking with the microwave can be done if food will immediately be finished cooking on a range, grill, or conventional oven.
 - Use the microwave oven probe of a food thermometer to check internal cooking temperature of the food in several places to be sure the food has reached a safe temperature.
 - Observe standing times given in recipes so cooking is completed.
 - Follow the manufacturer's instructions

