



DETERMINING DONENESS

Ground Beef

- Insert an instant-read thermometer into the center or thickest part of a meatloaf or meatball, or horizontally from the side into the center for patties.
- All cooking times in this brochure are for fresh or thoroughly thawed Ground Beef. Ground Beef (patties, meatloaves, meatballs) should be cooked to an internal temperature of 160°F (medium doneness). Color is not a reliable indicator of Ground Beef doneness.
- Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160°F internal temperature has been reached.



Roasts

- Insert an ovenproof meat thermometer prior to roasting (into the thickest part of the roast, not resting in fat or touching bone) and leave in throughout the cooking process.
- Or, insert an instant-read thermometer toward end of cooking time (as described above) for about 15 seconds. Remove thermometer; continue cooking, if necessary.
- Temperature will continue to rise 5°F to 15°F after removing from oven, to reach desired doneness. Allow 15 to 20 minutes standing time.



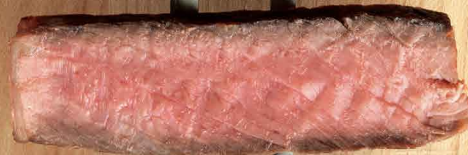
Steaks

- For steaks (1/2 inch or thicker), insert an instant-read thermometer horizontally from the side, so that it penetrates the thickest part or the center of the steak, not touching bone or fat.
- After cooking, let steaks rest before serving.

Medium Rare
(145°F)



Medium
(160°F)



Well Done
(170°F)

