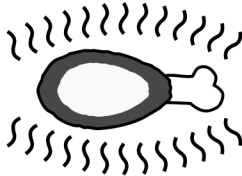


Knowing Your Food Is Cooked

How do I apply heat?

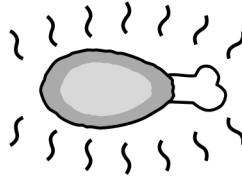
High Heat

Outside will cook fast,
inside will cook slow.
The easiest way to ruin a meal!



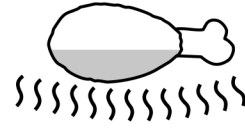
Lower Heat

Your food will cook more evenly,
and less risk of undercooking
the middle. Patience is rewarded!

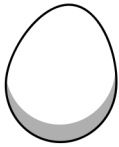


Directional Heat

Heat coming from one direction
will cook from one direction.
Flip over and rotate your food!



How do I know when it's done?



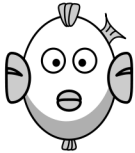
Eggs

Yolk should be firm, not runny.



Chicken

If you poke it with a fork, the juices that run out should be clear, not pink.
Should reach 165°.



Fish

It should not be at all transparent. Texture should be flaky.
Should reach 145°.



Pork

Light, even appearance with no pink showing at all.
Should reach 160°.



Hamburg

It should not be pink at all.

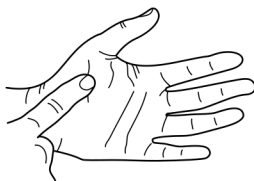
Steak

Use the finger test!

The Steak Finger Test

Poke the pad of your hand with your finger, while touching one finger to another, then poke the steak with your finger. This will tell you how done your steak is.

Raw



Rare

140°



Medium Rare

145°



Medium

160°



Well Done

170°

