IS    IT    DONE    YET  ??  
  
6-21-16  
  
Sound familiar --  "Are We There Yet" -- both grilling and travel times require just a bit of patients.  Don't get in too big of a hurry and mess up an enjoyable experience.  As usual I am a day late and a dollar short when it comes to this post, Memorial Day kicked off the summer grilling season for most.  However some true grillers never put the grill in storage.  
  
  
The food or meat thermometer should be a part of each grilling activity.  Everyone - friends, children and family can be at risk for food-borne illness.  The trusty food thermometer is the most effective way to reduce illness, check the temperature of all food being grilled or cooked, don't risk anyone's health.  
  
  
USDA RECOMMENDED SAFE MINIMUM TEMPERATURES  
Steaks and Roast                   145  F  
Ground Beef                           160  F  
Fish                                         145  F  
Pork                                        160  F  
Egg Dishes                             160  F  
Chicken, Turkey and Duck     165 F  
(whole, pieces, or ground)  
  
  
Do not attempt to judge cooked meat by its color.  Color is not a good indicator of doneness.  Use safe internal cooking temperatures for meat, poultry and egg dishes as indicated by a food thermometer.  
  
  
Thermometers are for all cuts and sizes of meat.  The food thermometer should be placed in the thickest part of the food but should not touch bones  or fat.  Insert the thermometer horizontal or sideways.  Insert the thermometer near the end of cooking time to check internal temperatures.  
  
  
Articles of interest from our web page   
1- [Grilling Up The Good Times](http://weebly-file/1/8/9/9/18991133/grilling_up_the_good_times_133_thoughts_427.docx)  
2- [Three New Popular Cuts of Beef](http://weebly-file/1/8/9/9/18991133/new_cuts_of_beef_113_want_to_know_111914.docx)  
3-[A New Thaw](http://weebly-file/1/8/9/9/18991133/a_new_thaw117_mom_121514_mom___or_to_know.docx)  
4-[Healthy Protein for The Heart](http://weebly-file/1/8/9/9/18991133/healthy_protein_for_the_heart.docx)  
5[- Weaker Vegan Minds](http://weebly-file/1/8/9/9/18991133/weaker.docx)