

## Learn to Cook Meats to Temperature

Chicken / Turkey 165°F

Sausage 160°F

Fresh Ground Meat / Hamburgers / Meatloaf 160°F

Beef / Lamb / Venison / Duck Breast (*Steaks, Chops, Roast*)

Med-Rare 130 - 135°F (Chef Temps)

Medium 135 - 145°F

Med-Well 145 - 155°F *Ouch! Really? Please don't waste good meat.*

Well-Done *Oh just stop, please. Go eat a cracker. You don't deserve beef.*

Pork 135 – 145 (Chef Temp)

Fish 130 - 145°F

*Tuna Steaks* 120 - 125°F

### **How to use an instant-read cooking thermometer**

Instant-read thermometers give readings quickly, but ***they are not oven-safe and must not be left in the meat while it is cooking.*** Use the thermometer toward the end of the minimum cooking time and allow it to remain in the meat for only 15 seconds, at a depth of 2 inches or to the indicator mark on the thermometer's stem.

Follow these guidelines for accurate readings:

- For roasts, steaks, and thick chops, insert the thermometer into the center at the thickest part, away from bone, fat, and gristle.
- For whole poultry, insert the thermometer into the inner thigh area near the breast but not touching bone.
- For ground meat (such as meat loaf), insert the thermometer into the thickest area.
- For thin items such as chops and hamburger patties, insert the thermometer sideways.

*Meat and poultry are cooked and juicy at certain temperatures but become dry and tough if cooked much longer. Traditionally, judging when a bird is done roasting has meant visually checking the interior color of the meat while it is cooking—the redder the color, the rarer the meat. But this involves guesswork.*

To be certain, we recommend using an instant-read thermometer. Use a **digital** instant-read thermometer. They are readily available from kitchen supply stores, Amazon.com and other on-line stores.



Palermo Instant Read Digital Cooking Thermometer with Collapsible Internal Probe (about \$15 on Amazon)



Lavatools PT12 Javelin Digital Instant Read Meat Thermometer (about \$25 on Amazon)

## Campout Meal Planning

- **Nutrition:** Plan healthful, well balanced meals – yes this means include vegetables!
- **Servings:** Be sure that there will be enough food for everyone to get their fair share
- **Allergies:** Be aware of any allergies that anyone in your group has, and plan accordingly
- **Variety:** Change things up! Don't keep making the same meals on every campout
- **Equipment:** Will the all the equipment that you need for cooking be available for you? (Dutch ovens, grill, campfire, stove space, pots & pans, utensils, etc.) Will you need to bring any gear?
- **Storage:** Will you be able to bring all the food you need? How will you store it safely until you need it?
- **Preparation:** What can (and maybe even has to be) prepared in advance of the campout? When are you going to prepare it? Be sure you have scheduled the time to take care of preparations.
- **Shopping:** Where will you purchase the food? Who will help? When will you make the purchases? Where will you store the food before the campout?
- **Budget:** How much can you spend per Scout/Adult? What is the total you can spend? How will you stay under or within budget? Plan carefully. A Scout is Thrifty.
- **Duty Roster:** Be sure to complete a duty roster for every campout, include everyone, and stick to it.
- **Menu Approval:** All campout menus must be approved by the Scoutmaster or the Camping Coordinator before the campout.