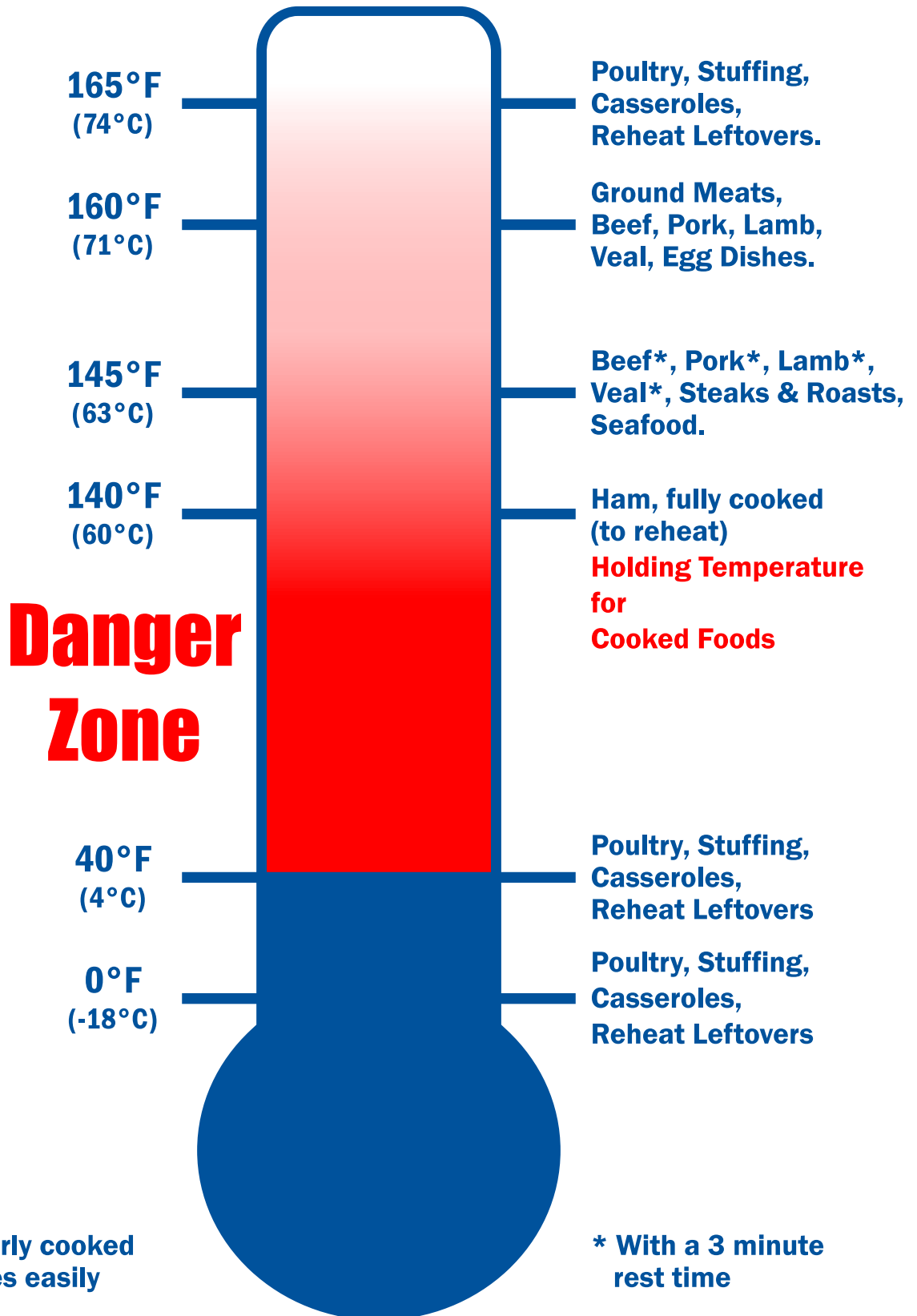


MEAT HEAT

HITTING THE HOT SPOT

Safe Cooking Chart



Fish is properly cooked when it flakes easily with a fork.

* With a 3 minute rest time