

## Slow Cooking Temperature Guide



150 to 160°F (65 to 70°C)	5 -7 hours	Simmer; Bake beans, 4 to 6 hour stews, poultry-bone-in soups, cereals. Steam: Hot dogs, puddings.
170 to 190°F (75 to 90°C)	3-5 hours	Simmer: Appetizer dips, hot beef, barbecue, "Sloppy Joes," etc.
200 to 220°F (95 to 105°C)	2-3 hours	Fast Simmer: Spar ribs, lamb shanks, winter squash, fruit punch, vegetable juices, fish-chowder, cheese sauce. Simmer: Frozen vegetables, potatoes, corn-on-the-cob, stuffed peppers, seafood, rice, dumplings.
230 to 250°F (110 to 120°C)	1½-3 hours	Bring liquids to boil. High-simmer: Corned beef, pot roasts and short ribs. Thicken: Gravies, soups and sauces. Prepare: Fresh applesauce, peach or apple butter and hot chocolate.

Most foods can be prepared at the listed settings. Use cooking times in chart as a guide only. Times will vary. When cooking roasts, ham, or poultry, use a meat thermometer inserted in thickest part to ensure that recommended doneness is reached.

Rating:



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