

Food Thermometers

There are a variety of thermometers that can be used in the kitchen. Make sure you are using the right one for the job!

Appliance Thermometer

When to use: In a refrigerator or a freezer only.

How to use: Make sure each unit has a thermometer, even if there is a built-in external one. Place the thermometer in the middle of the center shelf. The refrigerator should read between 32°F and 40°F. The freezer should read less than 0°F.



Probe Thermometer

When to use: When taking the temperature of cold or hot foods, including meat.

How to use: Insert into food. The temperature must remain constant for 15 seconds. Wipe after use, and disinfect with rubbing alcohol. Make sure the alcohol dries completely before taking the temp of another food. These are not oven-safe unless specifically marked as oven-safe. To take the temp of meat: insert 2 inches deep into the thickest part of the meat, away from bone, fat and gristle. Probe thermometers must be calibrated frequently.



Meat Thermometer

When to use: When taking the temperature of meat.

How to use: Insert 2 inches deep into the thickest part of the meat, away from bone, fat and gristle. The temperature must remain constant for 15 seconds. Wipe after use, and disinfect with rubbing alcohol. Make sure the alcohol dries completely before taking the temp of another food. These are not oven-safe unless specifically marked as oven-safe.



Oven Thermometer

When to use: If you find your food cooking too quickly, or taking too long to cook.

How to use: These are oven-safe and can remain in the oven. Compare the reading to what the oven is set to. If the owner's manual does not give instructions for calibration, call a service technician.



How To Calibrate a Probe Thermometer

1. Fill a large plastic container with crushed ice. Add clean, cold, tap water until the container is full. Add more crushed ice until completely full.
2. Put the thermometer stem or probe into the ice water so the sensing area is completely submerged. Wait 30 seconds or until the indicator stops moving.
3. If the temperature is at 32°F (0°C), remove the thermometer. It is ready for use.
4. If the temperature is not at 32°F (0°C), hold the calibration nut securely with a wrench or other tool and rotate the head of the thermometer until it reads 32°F (0°C).

Thermometer Tip:

Check thermometers regularly. This will help ensure:

- Food is cooked to a safe internal temperature destroying harmful bacteria
- Appliances are running at their best so food can be cooked or kept at their best