

HENNEPIN COUNTY

MINNESOTA

Kev Ci Nqaij Thooj

XWS LI NQAIJ NYUJ, NQAIJ NYUJ MUAB NTSEV QHA (CORNEB BEEF), NQAIJ ME ES, NQAIJ NPUAS THIAB NQAIJ NPUAS QHA

Hom qhov cub ci nqaij thiab theem kub txias

Xaiv theem kub txias kom tsim nyog raws li:

- Thooj nqaij ci (yog tsawg tshaj 10 phaus los sis ntau tshaj 10 phaus)
- Hom qhov cub (still dry (qhov cub qhuav), convection (qhov cub ci) los sis high humidity (qhov cub tuaj hws)

Hom qhov cub	Theem kub txias
Qhov cub qhuav	Tsawg tshaj 10 phaus: 350°F los sis tshaj Ntau tshaj 10 phaus: 250°F los sis tshaj
Qhov cub ci	Tsawg tshaj 10 phaus: 325°F los sis tshaj Ntau tshaj 10 phaus: 250°F los sis tshaj
Qhov cub tuaj hws	Thooj nqaij ci hnyav pes tsawg los tsis ua cas: 250°F los sis tsawg dua

Qhov theem kub ci nqaij thiab tuav kom kub

Siv cov sij hawm thiab theem kub sab hauv los siv ua tej nqaij nyuj thiab ci nqaij nyuj, xws li ci tej thooj nqaij los sis tej pob ua ntu zus xwb.

Qhov kub ci nqaij uas yog yam qis tshaj yuav tsum tswj li ntawd rau txhua pob nqaij koj ci raws li lub sij hawm tuav kom kub.

Theem kub ci nqaij	Sij hawm tuav kom kub
130°F	112 feeb
131°F	89 feeb
133°F	56 feeb
135°F	36 feeb
136°F	28 feeb
138°F	18 feeb
140°F	12 feeb
142°F	8 feeb
144°F	5 feeb
145°F	4 feeb

Hennepin County Environmental Health

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Cooking whole meat roasts_Hmong_HC_6-25

Content courtesy of the [Minnesota Department of Health](http://www.minnstate.gov/health)

