

# THM-379 STABLE-READ™ INSTANT READ THERMOMETER

## PRECAUTIONS:

- Do not leave thermometer inside oven. This is not an in-oven thermometer.
- Always cover probe with sheath when not in use.
- Sterilize tip between uses.
- Wash probe after each use.
- Do not wash probe with scouring pad or other abrasive substance as damage may occur.
- Do not get water on the housing.
- Keep metal probe away from children.
- Do not clean the unit with abrasive or corrosive compound. It may scratch the finish and corrode the electronic circuit.
- Do not subject the unit to excessive force, shock, dust, temperature, direct sunlight, heavy exposure to water or humidity, which may result in malfunction, shorter electronic life span, battery damage or distorted parts.
- Do not tamper with the units internal components. It will invalidate the warranty.

## DIRECTIONS FOR USE:

### To turn on / off:

ON: press the red button on the front of the thermometer to turn the unit on. The LCD will display the ambient temperature and immediately start the sampling process.

MANUAL OFF: press and hold the red button on the front of the thermometer until the LCD shuts off (approximately 2 seconds).

AUTO OFF: the thermometer will automatically turn off after 10 minutes without use.

### To install batteries:

On the back of the thermometer, slide the battery cover open in the direction of the arrow. Install two batteries (L1154F, LR44 or AG13) with + side facing out. Replace the cover. The thermometer is ready for use. (note: when replacing batteries, be sure to replace as a pair. Do not mix and match).

### To switch between Celsius and Fahrenheit:

On the back of the thermometer, slide the battery cover open in the direction of the arrow. There is a small black switch to the left of the batteries. When the switch is in the up position, the thermometer will read in Celsius (°C) degrees. When the switch is in the down position, the thermometer will read in Fahrenheit (°F) degrees. Move the switch to your desired setting and replace the cover. The thermometer is ready for use.

### To clean:




Clean probe with a damp cloth before and after use. Do not submerge in liquid or place in the dishwasher. This thermometer is not dishwasher safe.

### To sample temperature:


Press the red button to turn the thermometer ON. Insert the tip of the probe into the thickest point of the meat and keep in place. 'HOLD' will flash on the display. When the thermometer beeps remove the probe from the meat to read the temperature. To sample again, press the button to release the temperature hold.

## MINIMUM INTERNAL COOKING TEMPERATURES AS RECOMMENDED BY THE USDA\*

Important! These are the minimum INTERNAL temperatures that food must reach to be considered safe to eat, no matter how they are prepared. The USDA recommends the following guidelines but personal taste temperatures may differ from the below:

	°F / °C
<b>FRESH GROUND BEEF, VEAL, PORK</b> .....	160 / 71
<b>BEEF, VEAL, LAMB</b> ( <i>roast, steaks, chops</i> )	
RARE* .....	140 / 60
MEDIUM RARE  .....	145 / 62
MEDIUM .....	160 / 71
WELL DONE .....	170 / 76
<b>FRESH PORK</b> ( <i>roast, steaks, chops</i> )	
MEDIUM RARE  .....	145 / 62
MEDIUM .....	160 / 71
WELL DONE .....	170 / 76
<b>HAM</b>	
FRESH RAW  .....	145 / 62
PRECOOKED (to reheat) .....	140 / 60
<b>POULTRY</b>	
GROUND CHICKEN / TURKEY .....	165 / 73
WHOLE CHICKEN / TURKEY .....	165 / 73
BREAST, ROASTS, THIGHS & WINGS .....	165 / 73
<b>FISH</b> ( <i>cook until opaque and flakes easily with fork</i> ) .....	145 / 62
<b>STUFFING</b> ( <i>cooked alone or in bird</i> ) .....	165 / 73
<b>EGG DISHES</b> .....	160 / 71
<b>LEFTOVERS, CASSEROLES</b> .....	165 / 73

\*The USDA does NOT recommend RARE 140°F as a safe eating temperature.

 indicates a required 3 minute rest period after cooking / before serving

