

COOKING 🔥 TEMPS

FOR SAFETY, FLAVOR, & TEXTURE

BEEF, LAMB, VENISON, DUCK		
	CUTS	GROUND
Rare	125°F (52°C)	125°F (52°C)
Medium-rare	135°F (57°C) 🍳	135°F (57°C)
Medium	145°F (63°C) 🔥	145°F (63°C) 🍳
Medium-well	150°F (66°C)	150°F (66°C)
Well done	155°F (68°C)	160°F (71°C) 🔥
PORK		
	CUTS	GROUND
Rare	130°F (54°C)	130°F (54°C)
Medium-rare	140°F (60°C) 🍳	140°F (60°C)
Medium	145°F (63°C) 🔥	145°F (63°C)
Medium-well	150°F (66°C)	150°F (66°C) 🍳
Well done	155°F (68°C)	160°F (71°C) 🔥
POULTRY, CUTS OR GROUND		
Medium-well	160°F (71°C) 🍳 🔥	
Well done	165°F (74°C)	
MISCELLANEOUS		
Pre-cooked ham, sausage, hot dogs	140°F (60°C)	
Fin fish	125°F (52°C) 🍳	145°F (63°C) 🔥
Shrimp, lobster, crab, scallops	Flesh is opaque 🍳 🔥	
Clams, mussels, oysters	Shell is open 🍳 🔥	
Vegetables, grains, pasta, beans	135°F (57°C)	🍳 🔥
Egg dishes	160°F (71°C)	🍳 🔥
Stuffing	165°F (74°C)	🍳 🔥
Mixed leftovers & casseroles	165°F (74°C)	🍳 🔥
Baked potatoes	212°F (100°C)	🍳 🔥

🔥 indicates temperatures recommended by the FDA for safety.

🍳 indicates temperatures recommended by chefs for best texture.

REMEMBER: Always take the temperature of food in the center-most point!