

MEAT COOKING CHART

Minced Beef



Medium

160°F/71°C

Minced or Whole Poultry



Medium

165°F/74°C

Beef



Rare

125°F/52°C

Medium Well Done

160°F/71°C

Medium Rare

140°F/60°C

Well Done

165°F/74°C

Medium

150°F/65.5°C

Veal



Rare

125°F/52°C

Medium Well Done

160°F/71°C

Medium Rare

140°F/60°C

Well Done

165°F/74°C

Medium

150°F/65.5°C

Pork



Medium Well Done
Well Done

165°F/74°C

170°F/76.5°C

Lamb



Rare

140°F/60°C

Medium Well Done

165°F/74°C

Medium Rare

145°F/63°C

Well Done

170°F/76.5°C

Medium

160°F/71°C

Fish



Medium

145°F/63°C



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