







# MEAT TEMPERATURE COOKING CHART

	Rare	Medium-Rare	Medium	Medium-Well	Well
<b>Beef &amp; Steaks</b> 	120° – 125° F / 48° to 52° C	130° – 135° F/ 54° – 57° C	140° – 145° F/ 60° – 63° C	150° – 155° F/ 65° – 68° C	160° F / 71° C
<b>Lamb</b> 	135° F / 57° C	140° – 150° F/ 60° – 64° C	160° C / 71° C	165° F / 74° C	
<b>Poultry</b> 			165° F / 74° C		
<b>Pork</b> 			145° F / 63° C		
<b>Ground Beef</b> 			160° F / 71° C		
<b>Fish</b> 			145° F / 63° C		