

# FOOD TEMPERATURE CHART

## Minimum done temperatures for food safety

165F/74C	chicken, turkey & duck (whole/pcs) stuffing (in the bird) casseroles & leftovers	140F/60C	ham (pre-cooked) fish
160F/71C	ground meats: beef, veal & lamb pork ribs, shoulders & sausage (raw) ham (raw) egg dishes	125F/52C	tuna, swordfish & marlin

## Water temperatures (at sea level)

poach	160 - 180F / 71 - 82C	slow boil	205F / 96C
low simmer	180F / 82C	rolling boil	212F / 100C
simmer	185F / 85C		

## Candy or sugar syrup temperatures

thread	230 - 234F (110 - 112C)	syrup
soft ball	234 - 240F (112 - 116C)	fondant, fudge & pralines
firm ball	244 - 248F (118 - 120C)	caramels
hard ball	250 - 266F (121 - 130C)	divinity & nougat
soft crack	270 - 290F (132 - 143C)	taffy
hard crack	300 - 310F (149 - 154C)	brittles, lollipops & hardtack
caramel	320 - 350F (160 - 177C)	flan & caramel cages

## Chef-recommended temperatures

type	rare	medium rare	medium	medium well	well done
beef, veal & lamb	125F	130F	140F	150F	160F
roasts, steaks & chops	52C	54C	60C	65C	71C
pork			145F		160F
roasts, steaks & chops			63C		71C