

# Meat Temperature Chart

## Chef-Recommended Temps

<b>Beef, Veal &amp; Lamb</b> Roasts, Steaks & Chops	<b>Rare</b> 120-130°F* 49-54°C	<b>Med. Rare</b> 130-135°F* 54-57°C	<b>Medium</b> 135-145°F* 57-63°C	<b>Med. Well</b> 145-155°F* 63-68°C	<b>Well Done</b> 155°F-up* 68°C-up
<b>Pork</b> Roasts, Steaks & Chops				<b>USDA-Done</b> 145°F* 63°C	<b>Well Done</b> 150°F-up* 66°C-up
<b>BBQ</b> Brisket, Ribs, & Pork Butt					<b>Done</b> 190-205°F 88-96°C

\* These temperatures are ideal peak temperatures. Meats should be removed from heat several degrees lower and allowed to rise during resting.

\*\* Chef-recommended temperatures are consistent with many expert sources for taste and safety. USDA-recommended temperatures are 5 to 10°F (2 to 5°C) higher.

## Minimum Done Temps for Food Safety

Ground Meat: Beef, Veal, & Sausage*	160°F 71°C	Chicken, Turkey & Duck (whole or pieces)*	165°F 74°C
Ham (raw)	160°F 71°C	Poultry Dark Meat**	175°F 79°C
Ham (pre-cooked)	140°F 60°C	Stuffing (in the bird)	165°F 74°C
Egg dishes	160°F 71°C	Tuna, Swordfish & Marlin**	125°F 52°C
Casseroles & Leftovers	165°F 74°C	Other Fish**	140°F 60°C

## Water Temps (at sea level)

Poach	160-180°F 71-82°C	Simmer	185°F 85°C
Low Simmer	180°F 82°C	Slow Boil	205°F 96°C
		Rolling Boil	212°F 100°C

## Other Food Temps

Bread: Rich Dough	190-200°F 88-93°C	Butter: Chilled	35°F 2°C
Bread: Lean Dough	200-210°F 93-99°C	Butter: Softened	60-67°F 16-19°C
Water temp to add active dry yeast	105-115°F 41-46°C	Butter: Melted & Cooled	85-90°F 29-32°C

## Candy or Sugar Syrup Temps (at sea level)

Thread	230-234°F (110-112°C)	Syrup
Soft Ball	234-240°F (112-116°C)	Fondant, Fudge & Pralines
Firm Ball	244-248°F (118-120°C)	Caramels
Hard Ball	250-266°F (121-130°C)	Divinity & Nougat
Soft Crack	270-290°F (132-143°C)	Taffy
Hard Crack	300-310°F (149-154°C)	Brittles, Lollipops & Hardtack
Caramel	320-350°F (160-177°C)	Flan & Caramel Cages