



125°F 130°F 140°F 145°F 150°F 160°F 165°F

RARE MEDIUM WELL DONE

RARE

125°F Beef, Lamb, Veal (Roasts/Steaks/Chops)
Meaty Fish: Tuna, Swordfish, Marlin, etc.

MEDIUM

130°F Beef, Lamb, Veal (Roasts/Steaks/Chops)
140°F Fish
145°F Beef, Lamb, Veal (Roasts/Steaks/Chops)

WELL DONE

150°F Pork
160°F Sausage, Lamb, Ground Beef
165°F Chicken