

## TIME & TEMPERATURE CHART

PROTEIN	DONENESS	TEMPERATURE (C°)
Beef, Veal, Lamb	Rare Medium Rare Medium Medium Well Well Done	50 56 60 65 70 and over
Pork	Medium Rare Medium Well Done	56 60 70 and over
Poultry – White meat	Medium Well Done	60 75 and over
Dark meat	Medium Well Done	70 80 and over
Duck (only)	Medium Rare	56
Fish, Crustaceans	Rare (sashimi grade) Medium Rare Medium	42 52 60
Vegetable/Fruits	—	85

## RECOMMENDED COOKING TEMPERATURE & TIMES

FOOD	THICKNESS (cm)	TEMP (C°)	TIME	
			(MIN)	(MAX)
<b>BEEF, VEAL, LAMB, GAME</b>				
<b>TENDER CUTS</b> Tenderloin, Eye Fillet Sirloin, Scotch Fillet, T/Bone Wagyu Rump Lamb Cutlets, Backstrap	6cm 3cm 10cm 3cm	56 or higher 56 or higher 56 or higher 56 or higher	2 hrs 2 hrs 4 hrs 1 hr	4 hrs 6 hrs 8 hrs 4 hrs
<b>TOUGH CUTS</b> Lamb Shanks, Shoulder Beef Cheeks, Gravy Beef, Chuck Flank Steak, Brisket Spare Ribs	3cm	60 or higher 60 or higher 56 or higher 60 or higher	8 hrs 10 hrs 4 hrs 10 hrs	24 hrs 48 hrs 12 hrs 48 hrs
<b>PORK</b>				
<b>TENDER CUTS</b> Fillet, Tenderloin Cutlets, Chops (Bone In)	5cm 5cm	56 or higher 56 or higher	2 hrs 3 hrs	4 hrs 5 hrs
<b>TOUGH CUTS</b> Pork Belly Pork Neck, Shoulder Babyback Ribs		60 or higher 60 or higher 60 or higher	6 hrs 6 hrs	24 hrs 24 hrs
<b>POULTRY</b>				
<b>WHITE MEAT</b> Chicken Breast - Boneless Chicken Breast - Bone In Turkey Breast	7cm	60 or higher 60 or higher 60 or higher	2 hr 3 hrs 3 hrs	4 hrs 6 hrs 6 hrs
<b>DARK MEAT</b> Chicken Thigh - Boneless Chicken Maryland Duck Breast Traditional Duck Confit	3cm 3cm	70 or higher 70 or higher 56 or higher 80	1 hr 4 hrs 3 hrs 8 hrs	4 hrs 8 hrs 8 hrs 18 hrs