



145°F

140°F

150°F

130°F

160°F

125°F

165°F

TEMPERATURE CHART

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