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Meat Cooking Temperatures

Beef and Lamb

Roasts, Steaks & Chops		
Rare	120° - 125° F	center is bright red, pinkish toward the exterior portion
Medium Rare	130° - 135° F	center is very pink, slightly brown toward the exterior portion
Medium	140° - 145° F	center is pink, outer portion is brown
Medium Well	150° - 155° F	not pink
Well Done	160° and above	steak is uniformly brown throughout

Ground Beef	160° - 165° F	no longer pink but uniformly brown throughout
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Poultry

Chicken/Duck	165° F	cook until juice run clear
Turkey	165° F	juices run clear & leg moves easily
		Note: A 12 lb turkey can easily handle 60 - 90 minutes of resting. During that time, temperature can rise 30° if not exposed to drafts.

Stuffing	165° F	cooked alone or in turkey
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Pork

Roasts, Steaks & Chops		
Medium	140° - 145° F	pale pink center
Well Done	160° and above	steak is uniformly brown throughout

Pork Ribs, Pork Shoulders & Beef Brisket	160° and above	medium to well done
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Sausage (raw)	160° F	no longer pink
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Ham		
Raw	160° F	
Pre-cooked	140° F	