### Chef-Recommended Temps**

<table>
<thead>
<tr>
<th>Food type</th>
<th>Rare</th>
<th>Med. Rare</th>
<th>Medium</th>
<th>Med. Well</th>
<th>Well Done</th>
<th>USDA-Done</th>
<th>USDA-Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef, Veal &amp; Lamb</strong></td>
<td>120-130°F*</td>
<td>130-135°F*</td>
<td>135-145°F*</td>
<td>145-155°F*</td>
<td>155°F-up*</td>
<td>63-68°C</td>
<td>68°C-up</td>
</tr>
<tr>
<td>Roasts, Steaks &amp; Chops</td>
<td>49-54°C</td>
<td>54-57°C</td>
<td>57-63°C</td>
<td>63°C</td>
<td>66°C-up</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pork</strong></td>
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<tr>
<td><strong>BBQ</strong></td>
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<tr>
<td>Brisket, Ribs, &amp; Pork Butt</td>
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</tbody>
</table>

* 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

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

### Water Temps (at sea level)

<table>
<thead>
<tr>
<th>Poach</th>
<th>160-180°F 71-82°C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Simmer</td>
<td>180°F 82°C</td>
</tr>
</tbody>
</table>

### Other Food Temps

<table>
<thead>
<tr>
<th>Bread: Rich Dough</th>
<th>190-200°F 88-93°C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread: Lean Dough</td>
<td>200-210°F 93-99°C</td>
</tr>
<tr>
<td>Water temp to add active dry yeast</td>
<td>105-115°F 41-46°C</td>
</tr>
<tr>
<td>Water temp to add</td>
<td></td>
</tr>
<tr>
<td>Butter: Chilled</td>
<td>35°F 2°C</td>
</tr>
<tr>
<td>Butter: Softened</td>
<td>60-67°F 16-19°C</td>
</tr>
<tr>
<td>Butter: Melted &amp; Cooled</td>
<td>85-90°F 29-32°C</td>
</tr>
</tbody>
</table>

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

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