

Chef-Recommended Temps**

	Rare	Med. Rare	Medium	Med. Well	Well Done
Beef, Veal & Lamb Roasts, Steaks & Chops	120-130°F* 49-54°C	130-135°F* 54-57°C	135-145°F* 57-63°C	145-155°F* 63-68°C	155°F-up* 68°C-up
Pork Roasts, Steaks & Chops				USDA-Done 145°F* 63°C	Well Done 150°F-up* 66°C-up
BBQ Brisket, Ribs, & Pork Butt					Done 190-205°F 88-96°C

* 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

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

Water Temps (at sea level)

Poach	160-180°F 71-82°C	Simmer	185°F 85°C
Low Simmer	180°F 82°C	Slow Boil	205°F 96°C
		Rolling Boil	212°F 100°C

Other Food Temps

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

Candy or Sugar Syrup Temps (at sea level)

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