

CHEF-RECOMMENDED TEMPS

	Rare	Med. Rare	Medium	Med. Well	Well Done
Beef, Veal & Lamb (Roasts, Steaks & Chops)	120-130°F 49-54°C	131-135°F 55-57°C	136-145°F 58-63°C	146-155°F 64-68°C	156°F and up 69°C and up
Pork (Roasts, Steaks & Chops)	Not Recommended	Not Recommended	143-147°F 62-64°C	148-152°F 65-67°C	153°F and up 68°C and up
Brisket, Pork butt & Ribs	Not Recommended	Not Recommended	Not Recommended	Not Recommended	190-205°F 88-96°C
Salmon & Other Fatty Fishes	Not Recommended	115°F 46°C	125°F 52°C	135°F 57°C	145°F 63°C
Sea Bass & Other Lean Fishes	Not Recommended	125°F 52°C	130°F 54°C	135°F 57°C	140°F 60°C

Note: These are ideal peak temperatures. Remove your food from heat 5-10°F (2-5°C) lower and let them rise during resting.
 Chef-recommended temperatures align with many expert sources for both safety and taste.

MINIMUM DONE TEMPS FOR FOOD SAFETY

Ground Meats	160°F/71°C
Ground Poultry	165°F/74°C
Ham, fresh or smoked (uncooked)	145°F/63°C
Fully Cooked Ham (to reheat)*	165°F/74°C
Poultry	165°F/74°C
Fish & Shellfish	145°F/63°C
Egg Dishes	160°F/71°C
Casseroles & Leftovers	165°F/74°C

* Reheat to 140°F (60°C) if hams are packaged in USDA-inspected plants.

CANDY OR SUGAR TEMPS

Thread	230-234°F/110-112°C
Soft Ball	234-240°F/112-116°C
Firm Ball	244-248°F/118-120°C
Hard Ball	250-266°F/121-130°C
Soft Crack	270-290°F/132-143°C
Hard Crack	300-310°F/149-154°C
Caramel	320-350°F/160-177°C

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WATER TEMPS

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

OTHER FOOD TEMPS

Bread: Rich Dough	190-200°F/88-93°C
Bread: Lean Dough	200-210°F/93-99°C
Water for Yeast	105-115°F/41-46°C
Chilled Butter	35°F/2°C
Softened Butter	60-67°F/16-19°C
Melted & Cooled Butter	85-90°F/29-32°C