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MEAT TEMPERATURE GUIDE



Rare Medium

Beef 45 - 50 °C

60 - 65 °C 75 - 80 °C



Pork

70 - 90 °C (Depending on cut)



Ham 75 - 80 °C



Chicken

75 - 80 °C



Lamb

48 - 54 °C 60 - 66 °C Medium 75 - 85 °C Well Done

Please note this is a guide only.

Always ensure the safe minimum internal temperatures are met to ensure meat is sufficiently cooked.