

Safe Cooking Temperature Guide

	<u>Temperature</u>	<u>Notes</u>
Poultry		Poultry internal temperature will continue to rise for first few minutes after removed from heat source (usually 5-10°).
Whole	165	
Parts (breasts, thighs, legs)	165	
Ground	165	
Beef & Lamb		****Be aware of residual heat (carry-over cooking). The larger the cut of meat, the larger the temperature change.
Rare	125	Allow to rest 3 minutes
Medium Rare	130-135	
Medium	135-140	
Medium Well	140-150	
Well Done	155+	
Ground	160	
Pork		Pork internal temperature will continue to rise for first few minutes after removed from heat source (usually 5-10°).
Medium Rare	145	Allow to rest 3 minutes
Medium	150	
Well Done	160+	
Ribs, Shoulder, Brisket	180-200	
Ground	160	
Ham		****Be aware of residual heat (carry-over cooking). The larger the cut of meat, the larger the temperature change.
Raw ham	160	
Pre-cooked ham, reheated	140	
Sausage		
Raw	160	
Pre-cooked	140	
Seafood		
Most fin fish	130-145	Or until flesh is opaque and flakes easily
Tuna	125	Do not overcook, meat will become dry
Shrimp & Scallops	120	
Leftovers & Casseroles	165-175	