

Meat temperature guide

Meat	Rare		Medium Rare		Medium		Well Done	
	°C	°F	°C	°F	°C	°F	°C	°F
Beef	60	140	63	145	71	160	77	170
Lamb			63	145	71	160	77	170
Pork					71	160	77	170
Chicken							79	175
Turkey							79	175
Fish							79	175
							58	137

FIGURE

