



TEMPERATURE GUIDE



BEEF

145°F

Rare	120-130°F (49-54°C)
Medium Rare	130-140°F (54-60°C)
Medium	140-150°F (60-66°C)
Medium Well	150-160°F (66-71°C)
Well Done & Ground	160+°F (71+°C)
Brisket	202°F (94°C)



POULTRY

165°F

Breasts	165°F (74°C)
Legs & Thighs	175°F (79°C)
Whole & Ground	165°F (74°C)



PORK

145°F

Medium Rare	145-150°F (63-66°C)
Medium Well	155°F (68°C)
Well Done & Ground	160°F (71°C)
Ribs & Pulled Pork	200°F (93°C)
Ham	145°F (63°C)



SEAFOOD

145°F

Whole/Filets	145°F (63°C)
Crab, Shrimp & Lobster	155°F (68°C)
Clams, Oysters & Mussels	Cook until shells open.