










Cooking temperatures chart

Category		°C	°F
Beef, veal and lamb 			
Ground meat, for example, burgers, meatballs, sausages		71	160
Pieces and whole cuts, for example, steaks and roasts			
	medium-rare	63	145
	medium	71	160
	well done	77	170
Mechanically tenderized beef and veal		63	145
Be sure to turn mechanically tenderized steak over at least twice during cooking.			
Pork including ham, loin and ribs 			
Ground pork, for example, burgers, meatballs, sausages		71	160
Pieces and whole cuts, for example, bone-in chops, boneless loin chops, rib roast, loin roast		71	160
Poultry including chicken, duck and turkey 			
Frozen raw breaded chicken products, for example, nuggets, fingers, strips, burgers		74	165
Ground poultry, for example, burgers, meatballs, sausages		74	165
Pieces, for example, breasts, legs, thighs, wings		74	165
Stuffing, cooked alone or in poultry		74	165
Whole		82	180
Eggs 			
Egg dishes, for example, frittata, omelette, quiche		74	165
Seafood 			
Fish		70	158
Shellfish and crustaceans, for example, crab, lobster, shrimp, clams, mussels, oysters, scallops		74	165
When cooking clams, mussels, oysters and scallops in shells, throw away any that don't open.			
Leftovers 			
Leftovers		74	165
Hot Dogs 			
Hot Dogs		74	165
Game meats			
Ground meat, meat mixtures, ground venison and sausage		74	165
Deer, elk, moose, caribou or reindeer, antelope, pronghorn		74	165
Large game, for example, bear, bison, musk-ox, walrus		74	165
Small game, for example, beaver, muskrat, hare		74	165
Game birds or waterfowl including duck, goose, partridge, pheasant and wild turkey			
Pieces, for example, breasts, legs, thighs, wings		74	165
Stuffing, cooked alone or in game bird		74	165
Whole		82	180

