

Meat Cooking Temperatures

Meat	Rare	Medium Rare	Medium	Medium Well	Well Done
Beef (roasts, steaks)	125 (52)	130 (54)	140 (60)	150 (65)	160 (71)
Lamb (roasts, steaks)	125 (52)	130 (54)	140 (60)	150 (65)	160 (71)
Pork (roasts, chops)			145 (63)		160 (71)

Meat	Min. Done Temperature
Ground Beef	160 (71)
Ground Lamb	160 (71)
Pork Ribs	160 (71)
Pork Shoulder	160 (71)
Sausage	160 (71)
Chicken	165 (74)
Turkey	165 (74)
Duck	165 (74)
Fish	140 (60)
Tuna	125 (52)
Swordfish	125 (52)

Take meat off heat source 5 -10 degrees sooner than ideal temperature and allow to come up to the proper temperature off heat.

USDA-recommended temperatures may be 5-10 degrees higher depending on cut of meat. See www.isitdoneyet.gov for more

Temperatures are given as follows 160 degrees Fahrenheit (71 degrees Celsius)

Information provided by www.longbournfarm.com as a reference only.