

# internal cooking temperature **cheat sheet**

beef and lamb (160 ° F)		
<b>roasts, steaks &amp; chops:</b>		
<i>rare</i>	120-125° F	center is bright red, pinkish outside
<i>medium rare</i>	130-135° F	center is very pink, slightlyly brown outside
<i>medium</i>	140-145° F	center is light pink, brown outside
<i>medium well</i>	150-155° F	not pink
<i>well done</i>	160° F +	steak is uniformly brown throughout
<b>ground meat:</b>		
	160-165° F	uniformly brown throughout

poultry (165 ° F)		
<b>chicken &amp; duck:</b>		
	165° F	cook until juices run clear
<b>turkey:</b>		
	165° F	juices run clear - leg moves easily
<b>stuffing:</b>		
	165° F	

pork (160 ° F)		
<b>roasts, steaks &amp; chops:</b>		
<i>medium</i>	140-145° F	pale pink center
<i>well done</i>	160° F +	steak is uniformly brown throughout
<b>ribs, shoulders &amp; brisket:</b>		
	160° F +	medium to well done
<b>sausage (raw):</b>		
	160° F	no longer pink
<b>ham:</b>		
<i>raw</i>	160° F	
<i>pre-cooked</i>	140° F	

# internal cooking temperature **cheat sheet**

fish and seafood (145 ° F)		
<b>fish:</b>	140° F	flesh is opaque, flakes easily
<b>tuna, swordfish &amp; marlin:</b>	125° F	cook until medium-rare
<b>shrimp:</b>		
<i>medium-size, boiling</i>	3-4 min.	cook until medium-rare
<i>large-size, boiling</i>	5-7 min.	cook until medium-rare
<i>jumbo-size, boiling</i>	7-8 min.	cook until medium-rare
<b>lobster:</b>		
<i>boiled, whole (1 lb.)</i>	12-15 min.	meat turns red, opaque center when cut
<i>broiled, whole (1-1/2 lbs.)</i>	3-4 min.	meat turns red, opaque center when cut
<i>steamed, whole (1-1/2 lbs.)</i>	15-20 min.	meat turns red, opaque center when cut
<i>baked, tails (each)</i>	15 min.	meat turns red, opaque center when cut
<i>broiled, tails (each)</i>	9-10 min.	meat turns red, opaque center when cut
<b>scallops:</b>		
<i>bake</i>	12-15 min.	milky white or opaque, and firm
<i>broil</i>		milky white or opaque, and firm
<b>clams, mussels &amp; oysters:</b>		when their shells open