

Meat Temperature

CHEAT SHEET



Cook all beef, poultry, veal or seafood until it reaches the internal temperatures listed below. Always use an instant read thermometer.

BEEF

Steak/Roast	Internal Temp (°F)
<i>Rare</i>	125°
<i>Medium-rare</i>	135°
<i>Medium</i>	145°
<i>Medium-well</i>	150°
<i>Well done</i>	160°
Brisket	165°
Ground	160°

POULTRY

Chicken-Turkey-Duck	Internal Temp (°F)
<i>Whole</i>	165°
<i>Breast</i>	165°
<i>Thigh</i>	165°
<i>Leg</i>	165°
<i>Wing</i>	165°
<i>Ground</i>	165°

PORK-VEAL-LAMB

Pork	Internal Temp (°F)
<i>Ribs</i>	200°
<i>Ham (raw)</i>	160°
<i>Brisket</i>	185°
<i>Ground</i>	160°
Veal-Lamb	
Steak	145°
Roast	145°
Chops	145°
Ground	160°

SEAFOOD

Fish	Internal Temp (°F)
<i>Fillet</i>	145°
<i>Whole</i>	145°
Lobster	140°
Shrimp	120°
Scallops	115°

OTHERS

	Internal Temp (°F)
<i>Egg dishes</i>	165°
<i>Casseroles</i>	165°
<i>Leftovers</i>	165°
<i>Temp holding</i>	145°+
<i>Stuffing</i>	165°

NOTES

Poultry Cooking Method

CHEAT SHEET



Cook all cuts of poultry until it reaches an internal temperature of 165°F.
Always use an instant read thermometer.

TYPE OF CHICKEN	OVEN ROASTED 350 °F	OVEN ROASTED 425 °F	GRILLING	INSTANT POT	SLOW COOKER
WHOLE CHICKEN WEIGHT: 3-5 POUNDS	60 - 75 MINUTES	60 MINUTES	60 - 75 MINUTES	8 MINUTES / POUND	6-8 HOURS
BREAST, BONE IN WEIGHT: 6-8 OUNCES	30 - 40 MINUTES	25 MINUTES	10 - 15 MINUTES/ SIDE	12 MINUTES / POUND	4-5 HOURS
BREAST, BONELESS WEIGHT: 4 OUNCES	20 - 30 MINUTES	15 - 20 MINUTES	6 - 8 MINUTES/ SIDE	6-8 MINUTES / POUND	4 HOURS
LEGS WEIGHT: 4-8 OUNCES	40 - 50 MINUTES	30 - 40 MINUTES	10 - 15 MINUTES/ SIDE	14 MINUTES / POUND	3-4 HOURS
THIGH, BONE IN WEIGHT: 4-8 OUNCES	40 - 50 MINUTES	30 MINUTES	10 - 15 MINUTES/ SIDE	10 MINUTES / POUND	3-4 HOURS
THIGH, BONELESS WEIGHT: 4 OUNCES	20 - 30 MINUTES	20 MINUTES	10 - 12 MINUTES/ SIDE	8 MINUTES / POUND	3 HOURS
WINGS WEIGHT: 2-4 OUNCES	30 - 40 MINUTES	30 MINUTES	8 - 12 MINUTES/ SIDE	8 MINUTES / POUND	2-3 HOURS