COOKING UNTAMED · KITCHEN SHEET

Meat Temperatures

Minimum cooking temperatures and a separate guide to steak doneness.

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Safe minimum internal temperatures

Measure in the thickest part, away from bone, fat and gristle.

FOOD	COOK TO	THEN
Beef, pork, veal and lamb steaks, chops and roasts	**145°F**	Rest 3 minutes
Ground beef, pork, veal and lamb	**160°F**	
Chicken and turkey, whole, pieces or ground	**165°F**	
Fresh or raw ham	**145°F**	Rest 3 minutes
Fish with fins	**145°F**	Or until flesh is opaque and flakes
Shrimp, lobster and crab	**Flesh pearly and opaque**	
Clams, oysters and mussels	**Shells open during cooking**	Discard any that stay shut
Egg dishes and casseroles	**160°F**	
Leftovers and reheated casseroles	**165°F**	

Steak doneness, a cook's guide

These are preferences, not safety standards. Whole cuts must reach 145°F before leaving the heat, then rest for 3 minutes.

Carryover varies: do not rely on a guessed rise to meet the minimum.

DONENESS	PULL AT	AFTER RESTING	LOOKS LIKE
Rare	**115°F**	120°F	Cool red center
Medium rare	**125°F**	130°F	Warm red center
Medium	**135°F**	140°F	Warm pink center
Medium well	**145°F**	150°F	Slightly pink
Well done	**155°F**	160°F	Little or no pink

Thermometer habits

Check an instant-read thermometer in ice water. It should read 32°F.

Wash the probe in hot, soapy water between raw and cooked food.

Temperature, not color, tells you when poultry and ground meat are done.