

# Final Cook-to-Temperature Charts

## FINAL POULTRY TEMPERATURE: 165°

Oven temperatures may vary. Use a thermometer to ensure that poultry is fully cooked to 165 degrees. Insert thermometer into thickest part of the meat. For whole chickens or turkeys, allow 20 min resting time before carving.

## FINAL PORK TEMPERATURE: 150°

To prevent overcooking and dryness, stop cooking 5 degrees below target temperature (this does not apply to ground pork). Let rest, uncovered: roasts under 1 lb: 5-10 min; 1-5 lbs: 10-20 min; 5-10 lbs: 20-30 min. This resting time allows juices to stay in the meat.

**Ground Pork and Pork Sausage: 160°**

## FINAL BEEF TEMPERATURES

<b>Rare:</b>	Very red, warm center	125°
<b>Medium:</b>	Pink, warm center	130°
<b>Well:</b>	Pink, very warm center	145°+

**Ground Beef: 160°**

Temperatures listed are final target temperatures. To prevent overcooking and dryness, stop cooking 5 degrees below target temperature (this does not apply to ground beef). Beef doneness is a personal preference; adjust accordingly. Let rest, uncovered: roasts under 1 lb: 5-10 min; 1-5 lbs: 10-20 min; 5-10 lbs: 20-30 min. This resting time allows juices to stay in the meat.

## FINAL IRRADIATED GROUND BEEF TEMPERATURES

<b>Medium:</b>	Pink, warm center	130°
<b>Well:</b>	Pink, very warm center	145°+

To keep irradiated ground beef safe, keep it separate from other raw meat and poultry. Use this temperature chart as a doneness guide for irradiated ground beef. Beef doneness is a personal preference; adjust accordingly. If using regular ground beef, you'll still need to cook to 160 degrees.

## FINAL LAMB TEMPERATURES

<b>Medium:</b>	Pink, warm center	130°
<b>Well:</b>	Pink, very warm center	145°+

Temperatures listed are final target temperatures. To prevent overcooking and dryness, stop cooking 5 degrees below target temperature. Lamb doneness is a personal preference; adjust accordingly. Let rest, uncovered: roasts under 1 lb: 5-10 min; 1-5 lbs: 10-20 min; 5-10 lbs: 20-30 min. This resting time allows juices to stay in the meat.

## FINAL SEAFOOD TEMPERATURES

To prevent overcooking and dryness for fish or seafood, stop cooking at 130° and rest seafood 2 minutes. The temperature will continue to rise as the seafood rests.

Some seafood requires a higher temp; see individual recipes.