



INTERNAL COOKING temperatures chart

POULTRY

	Temperature °F / °C	Rest time	Notes
Whole chicken, duck, turkey	165 °F/ 74 °C	NO	Juices run clear
Poultry breast	165 °F/ 74 °C	NO	
Thighs, wings, & legs	165 °F/ 74 °C	NO	
Chicken Thigh (bone in)	165 °F/ 74 °C	NO	

BEEF, LAMB & VEAL

	Temperature °F / °C	Rest time	Notes
Roasts, steaks, chops	160 °F/ 71 °C	3 min	Well done
Brisket	165 °F/ 74 °C	3 min	Meat pulls apart easily
Pot roast	180 °F/ 82 °C	3 min	Meat pulls apart easily

PORK

	Temperature °F / °C	Rest time	Notes
Roasts, steaks, chops	160 °F/ 71 °C	3 min	Well done
Ribs	180 °F/ 82 °C	3 min	Medium to well done
Shoulders & brisket	195 °F/ 90 °C	3 min	Meat pulls apart easily
Raw ham	160 °F/ 71 °C	3 min	
Precooked ham	140 °F/ 60 °C	NO	

FISH & SEAFOOD

	Temperature °F / °C	Rest time	Notes
Fish	145 °F/ 62 °C	NO	Cook until flesh is opaque
Shrimp & Scallops	120 °F/ 49 °C	NO	Cook until opaque
Lobster	145 °F/ 62 °C	NO	Meat pulls apart easily
Clams, mussels & oysters		NO	Cook until shell opens.

OTHER

	Temperature °F / °C	Rest time	Notes
Casseroles & leftovers	165 °F/ 74 °C	NO	
Egg dishes	160 °F/ 71 °C	NO	
Sauces using eggs	160 °F/ 71 °C	NO	