

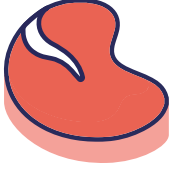



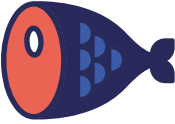


Meat cooking chart

		Doneness	Internal temperature	Roasting Time/Weight
	Ground beef	Medium	71°C	
	Ground or whole poultry	Medium	74°C	- 1 hr and 15 mins - 1 hr and 30 mins (whole chicken) - 50 / kg of turkey breast
	Beef	Rare	52°C	44 mins / kg (bone-in)
		Medium Rare	60°C	
		Medium	66°C	
		Medium Well Done	71°C	
		Well Done	74°C	
	Veal	Rare	52°C	
		Medium Rare	60°C	
		Medium	66°C	
		Medium Well Done	71°C	
		Well Done	74°C	
	Pork	Medium	71°C	
		Medium Well Done	74°C	44 mins / kg (bone-in and boneless)
		Well Done	77°C	
	Lamb	Rare	60°C	44 to 55 mins / kg (bone-in)
		Medium Rare	63°C	
		Medium	71°C	
		Medium Well Done	74°C	
		Well Done	77°C	
	Fish	Medium	63°C	

USDA approved meat temperature chart



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