

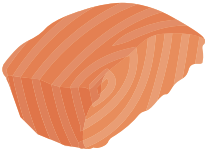
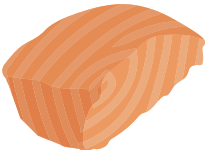
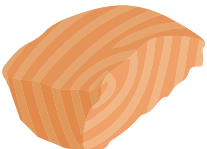






Salmon temperature chart

Doneness		Internal temperature
	Rare	120°F
	Medium-rare	125°F
	Medium	130°F*
	Medium-well	135°F to 140°F*
	Well-done	140°F to 145°F*

Cooking method		Internal temperature
	Smoked salmon	140°F to 145°F*
	Baked salmon	135°F to 140°F**
	Grilled salmon	140°F to 145°F*
	Frying salmon	140°F to 145°F*

Allow the meat to rest for ***3 min** or ****5 min** before serving.

Consuming raw or undercooked salmon increases the risk of causing foodborne illness.