



Temperature Guide

The following chart gives a guide to how well done your meat will be, based on the internal temperature of the meat. The thermometer should be inserted into the thickest part of the meat, avoiding any bone. Keep in mind the internal temperature will continue to rise 3-6°C while it's resting.

INTERNAL MEAT TEMPERATURE GUIDE		
Red meat	Rare	49°C
	Medium Rare	54°C
	Medium	60°C
	Medium Well	66°C
	Well Done	68°C
Pork	Medium	63°C
	Medium Well	68°C
Ham, raw		71°C
Ham, fully cooked (to reheat)		60°C
Poultry	Well Done	74°C
Minced meat / Sausage	Well Done	68°C
Fish	Medium	57°C