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The Zen of Barbecue & Grilling
By Meathead, The Barbecue Whisperer
"No rules in the bedroom or the dining room".



Doneness	Serving temp	Description
Beef, lamb, and veal* steaks, chops, roasts and duck breasts (USDA recommended minimum: 145°F or 63°C)		
Raw	Less than 120°F (49°C)	Bright purple-red center, cool, stringy, slightly juicy
Rare	120-130°F (49-54°C)	Red center, warm, tender, juicy
Medium rare	130-135°F (54-57°C)	Pink center, warm, firm, can be juicy
Medium	135-145°F (57-63°C)	Tan center with some hints of pink, firm, not very juicy
Medium well	145-155°F (63-68°C)	Tan center, firm to tough, little juice
Well done	more than 155°F (68°C)	Tan to brown center, tough, little juice
Pork steaks, chops, and roasts (USDA recommended minimum: 160°F or 71°C)		
Raw	Less than 120°F (49°C)	Bright pink center, cool, stringy, slightly juicy
Rare	120-130°F (49-54°C)	Pale pink center, warm, tender, very juicy
Medium rare	130-135°F (54-57°C)	Cream colored with a slight pink tinge, tender, juicy
Medium	135-145°F (57-63°C)	Cream colored, firm, slightly pink juices
Medium well	145-155°F (63-68°C)	Cream colored, firm, clear juices
Well done	more than 155°F (68°C)	Cream colored, tough, clear juices
Ground meats, burgers, meat loaf, and sausages (USDA recommended minimum: 160°F or 71°C)		
Safe	160°F (71°C) or more	Tan-brown (no sign of pink)
Pork ribs, pork shoulders, and beef brisket cooked low and slow at 225°F or 107°C **		
Tender and juicy	190°F (88°C)	Pale white to tan center, tender, clear juices
Pre-cooked ham and hot dogs (USDA recommended minimum: 140°F or 60°C)		
Safe	140°F (60°C)	Pink meat, clear juices
Turkey and chicken (USDA recommended minimum: 165°F or 74°C)		
Safe and moist	165°F (74°C)	Cream colored, tender, clear juices
Fish (USDA recommended minimum: 145°F or 63°C)		
Rare	125°F (52°C)	Similar to the raw meat in color, just a bit paler
Medium	135°F (57°C)	Slightly translucent meat, flakes easily
Well done	145°F (63°C)	Opaque, pearly meat
Unpasteurized eggs (USDA recommended minimum: 160°F or 71°C)		
Safe	160°F (71°C)	Solid yolks

* Veal colors will be similar to pork colors.

** These cuts are safe at much lower temperatures, but because they are high in connective tissue and fat, they taste and feel best if cooked to about 190°F at very low temperatures such as 225°F. This is the secret to great barbecue and is discussed in detail on AmazingRibs.com.

IMPORTANT DISCLAIMER. I am a cook, not a food safety expert. The temperatures recommended below are similar to the temps restaurant chefs use and they may be slightly different from those recommended in the United States Department of Agriculture (USDA) guidelines. To be absolutely perfectly safe from a microbial standpoint, you should follow **USDA guidelines** exactly. The USDA charts are designed to make sure there is *no chance* of any pathogens surviving. But many chefs feel the recommended temps for *some cuts* of pork, beef, and fish are too high. On the other hand, the USDA recommendations for chicken, turkey, eggs, and ground meats are nothing to be trifled with. The risks are too high. I cannot be responsible for your health or safety if you do not follow USDA guidelines.

For more info and detailed explanation of this guide, go to
http://amazingribs.com/tips_and_technique/meat_temperature_guide.html