

Cooking meat and fish to the right temperature is crucial to ensure that they are safe to eat and taste great. Here is a guide on the recommended internal temperatures for meat and fish.

It is important to note that these are the minimum safe cooking temperatures. Some people may prefer their meat cooked to a higher temperature for personal preference. However, cooking meat to a temperature above the recommended minimum can result in dry, overcooked meat.

Once your meat or fish has reached the recommended temperature, it is important to let it rest for a few minutes before cutting or serving. This allows the juices to redistribute throughout the meat, resulting in a juicier and more flavorful final product.

Beef, pork & lamb

Medium rare 57°C

Medium 62°C

Well done 71°C

Poultry

Chicken and turkey (whole) 74°C

Chicken and turkey (parts) 74°C

Ground chicken and turkey 74°C

Fish

Salmon 145°F (63°C)

Tuna 125°F (52°C)

Shrimp 145°F (63°C)

Scallop 145°F (63°C)

