



Meatheads
AMAZINGRIBS.COM

★ ★ ★ G U I D E ★ ★ ★ FOOD TEMPERATURE

CHECK IT OUT
SPECIAL OFFER ON BACK FOR
FIREBOARD SPARK OWNERS

Beef, Lamb, Venison, Duck Breasts (Steaks, Chops, Roasts)			USDA Minimum 145°F / 63°C
Blue - "Pittsburgh"	110-120°F	43-49°C	Dark purple, cool, stringy, slippery, slightly juicy
Rare	120-130°F	49-54°C	Bright purple to red, warm, tender, juicy
Medium Rare CHEF TEMP	130-135°F	54-57°C	Bright red, warm, tender, very juicy
Medium	135-145°F	57-63°C	Rich pink, yielding, juicy
Medium Well	145-155°F	63-68°C	Tan with slight pink, firm, slightly fibrous, slightly juicy
Well Done	155°F+	68°C+	Tan to brown, no pink, chewy, dry
Pork, Raw Hams, Veal (Steaks, Chops, Roasts)			USDA Minimum 145°F / 63°C
Rare	120-130°F	49-54°C	Pale pink center, warm, tender, slightly juicy
Medium Rare	130-135°F	54-57°C	Creamy pink color, tender, very juicy
Medium CHEF TEMP	135-145°F	57-63°C	Cream color, some pink, yielding, juicy
Medium Well	145-155°F	63-68°C	Cream color, firm, slightly juicy
Well Done	155°F+	68°C+	Cream color, tough, dry
Chicken, Turkey (Whole or Ground), Including Stuffing			USDA Minimum 165°F / 74°C
Medium Well SV TEMP	145-155°F	63-68°C	Cream color white meat, pale tan dark meat, tender
Well Done CHEF TEMP	155°F	68°C	Cream color white meat, pale tan dark meat, firm
Ground Meats & Raw Sausages			USDA Minimum 160°F / 71°C
Medium SV TEMP	145°F	63°C	Cream color white meat, pale tan dark meat, tender
Grill or pan fry these risky meats to	160°F	71°C	and make them juicy by using a 20% to 30% fat blend
BBQ / Roasted Ribs, Shoulders, Briskets, Legs, Rumps			USDA Minimum 145°F / 63°C
Tender, Tugs Apart CHEF TEMP	203°F	95°C	High in fat and collagen, best cooked low and slow
Tuna			USDA Minimum 145°F / 63°C
Rare CHEF TEMP	120-125°F	49-52°C	Bright redish purple
Other Fin Fish			USDA Minimum 145°F / 63°C
Medium Rare CHEF TEMP	125-135°F	52-57°C	Slightly translucent, flaky, tender



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Other Useful Temperatures

Best freezer temperature	0°F	-18°C
Meat freezes	25°F	-4°C
Water freezes	32°F	0°C
Best refrigerator temperature	0°F	-18°C
Danger zone in which many pathenogenic bacteria grow	41-130°F	5-54°C
Medium Rare Temp for most meats	130-135°F	54-57°C
Most pathogenic bacteria begin to die - Minimum sous vide temp	131°F	55°C
Connective tissues begin to contract and squeeze out pink juice	135°F	57°C
Large cuts at low temps stall and do not rise for hours	150-165°F	66-74°C
Soft boiled eggs, quiche, bread pudding, and meringue pies	160°F	71°C
Instant kill zone - most pathogens die in seconds	160-165°F	71-74°C
Collagens melt, form gelatin, making succulent meat	160-205°F	71-96°C
Custards, flans, brulees, punkin pies begin to set	170-180°F	77-82°C
Alcohol begins to boil	173°F	78°C
Water begins to simmer	180-185°F	82-85°C
Brioche and other high fat breads done	180*190°F	82-88°C
Baguettes and other low fat breads done	190-200°F	87-93°C
Cakes, cupcakes, cornbread, biscuits, and muffins done	200-210°F	93-99°C
Baked potatoes are fluffy	210°F	100°C
Sea level boiling point.	212°F	100°C
Best temp for low & slow roasting tough cuts of meat	225°F	107°C
Maillard browning accelerates	310°F	154°C
Minimum cooking tmep for browning poultry skins	325°F	163°C
Teflon thermometer cables can melt	425°F	218°C
Teflon pans can emit toxic gases	450°F	232°C
Hardwoods start to smoke	500-700°F	299-399°C
Hardwood gases produce flame	700-1000°F	399-538°C