Internal temperature chart

Meat, poultry and fish: safe minimums, doneness levels and when to pull it off the heat.

Pan AI

USDA SAFE MINIMUM INTERNAL TEMPERATURES

FOOD	SAFE AT	REST
Chicken, turkey, duck (whole, parts, ground)	**165°F** 74°C	
Ground beef, pork, lamb, veal	**160°F** 71°C	
Sausage (fresh), meatloaf	**160°F** 71°C	
Beef, pork, lamb, veal steaks, chops, roasts	**145°F** 63°C	3 min rest
Fresh ham (raw)	**145°F** 63°C	3 min rest
Fully cooked ham, to reheat	**140°F** 60°C	
Fish	**145°F** 63°C	
Egg dishes	**160°F** 71°C	
Casseroles and leftovers	**165°F** 74°C	

STEAK AND LAMB

	DONENESS	PULL AT	AFTER REST
Steak	Rare	120°F 49°C	125°F 52°C
	Medium rare	125°F 52°C	130°F 54°C
	Medium	135°F 57°C	140°F 60°C
	Medium well	145°F 63°C	150°F 66°C
	Well done	155°F 68°C	160°F 71°C
Lamb	Rare	120°F 49°C	125°F 52°C
	Medium rare	125°F 52°C	130°F 54°C
	Medium	135°F 57°C	140°F 60°C
	Medium well	145°F 63°C	150°F 66°C
	Well done	155°F 68°C	160°F 71°C

ROASTS

	DONENESS	PULL AT	AFTER REST
Prime rib	Rare	115°F 46°C	125°F 52°C
	Medium rare	120°F 49°C	130°F 54°C
	Medium	130°F 54°C	140°F 60°C
	Medium well	140°F 60°C	150°F 66°C
	Well done	150°F 66°C	160°F 71°C
Tenderloin	Medium rare	120°F 49°C	130°F 54°C
	Medium	130°F 54°C	140°F 60°C

PORK

	DONENESS	PULL AT	AFTER REST
Chops	Juicy, blush of pink (USDA min)	140°F 60°C	145°F 63°C
	Medium	145°F 63°C	150°F 66°C
	Well done	155°F 68°C	160°F 71°C
Pulled pork	Pull-apart tender	203°F 95°C	203°F 95°C

POULTRY AND FISH

	DONENESS	PULL AT	AFTER REST
Chicken thigh	Safe	165°F 74°C	165°F 74°C
	Best texture	175°F 79°C	180°F 82°C
Salmon	Wild salmon (chef)	120°F 49°C	120°F 49°C
	Farmed salmon (chef)	125°F 52°C	125°F 52°C
	USDA safe	145°F 63°C	145°F 63°C
White fish	Moist (chef)	140°F 60°C	140°F 60°C
	USDA safe	145°F 63°C	145°F 63°C

LOW AND SLOW

Brisket	Probe tender	203°F 95°C
Bread, lean	Baked through	205°F 96°C
Baked custard	Set	170°F 77°C

How to measure: insert the thermometer from the side into the thickest part, away from bone, fat and gristle. Large roasts keep rising 5–10°F while they rest, so pull them early. Doneness levels below the USDA minimum (rare steak, pink duck, medium-rare salmon) are a personal choice; use the USDA number for young children, pregnant people, older adults and anyone with a weakened immune system.

Sources: USDA FSIS Safe Minimum Internal Temperature Chart; America's Test Kitchen for pull temperatures.

panai.app/doneness-temperatures