

# Recommended and Safe Meat Cooking Temperatures for Perfect Meat and Fish



For most people, getting the proper temperature is the most difficult part of cooking meat. Overcooking leads to dried out meat and disappointing results. And undercooking can cause foodborne illness.

The best way to ensure that you get perfect results is to buy a good thermometer. I recommend buying an instant-read version for the most reliable results.

I have listed the USDA safe minimum internal temperature and the temperature that the Food Network recommends for beef, veal and lamb cooked for personal preference.

I recommend that you print out this chart, put it in a plastic sheet protector and keep it in your kitchen for reference.

Some of the digital thermometers I recommend are here:

[Digital Meat Thermometer with Instant Read – Thin Stainless Steel Probe for Cooking and Grilling Food to Perfection](#)

[Digital Instant Read Thermometer, Electronic Food /Cooking Thermometer Barbecue Meat Thermometer Kitchen Thermometer – Food](#)

Category	Food	USDA SAFE Temperature (°F)	Food Network	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160		None
	Turkey, Chicken	165		
<b>Fresh Beef, Veal, Lamb</b>	Steaks, roasts, chops	145	Rare 125	3 minutes

			Medium Rare 130-135	3 minutes
			Medium 135-140	
			Medium Well 145	3 minutes
<b>Poultry</b>	Stuffing (cooked alone or in bird)	165		None
<b>Pork and Ham</b>	Fresh pork	145		3 minutes
	Fresh ham (raw)	145		3 minutes
	Precooked ham (to reheat)	Reheat cooked hams packaged in USDA- inspected plants to 140 °F and all others to 165 °F		None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm		None
	Egg dishes	160		None
<b>Leftovers &amp; Casseroles</b>		165		None
<b>Seafood</b>	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	130-135	None