

Doneness Temperatures

Kitchen

Internal temperatures for meat and fish, and the safe minimums.

Pull 2–3°C below target: temperature keeps climbing while it rests.

Food	Target	Note
Beef, rare	52°C / 125°F	Whole cuts only
Beef, medium	60°C / 140°F	
Beef, well done	71°C / 160°F	
Minced meat	71°C / 160°F	Safe minimum
Pork	63°C / 145°F	Then rest 3 min
Chicken & turkey	74°C / 165°F	Safe minimum
Fish	63°C / 145°F	Or until it flakes
Leftovers, reheated	74°C / 165°F	All the way through

Rest meat off the heat for a third of its cooking time. Slicing early loses the juice onto the board.