









Chef Recommended Temperatures*

Meat	Rare	Medium	Well
Beef, Lamb & Veal	52 °C (125 °F)	60 °C (140 °F)	71 °C (160 °F)
Chicken, Turkey & Duck	-	-	74 °C (165 °F)
Pork Roasts, Steaks & Chops	-	63 °C (145 °F)	71 °C (160 °F)
Fish	-	-	60 °C (140 °F)

*the above temperatures are guidelines only - always check the core temperature of food with an accurate thermometer such as a Thermopen!

Know when your food is cooked

Beef 71 °C		Lamb 71 °C		Pork 71 °C		Poultry 74 °C	
	Fish (fillets) 60 °C		Ham (raw) 74 °C		Casseroles 74 °C		Egg Dishes 71 °C

Water Temperatures (at sea level)

Poach	71 - 82 °C (160 - 180 °F)	Simmer	85 °C (185 °F)
Low Simmer	82 °C (180 °F)	Slow Boil	96 °C (205 °F)
		Rolling Boil	100 °C (212 °F)

Other Food Temperatures

Bread	77 °C (170 °F)	Rich Dough
Bread	88 - 93 °C (190 - 200 °F)	Lean Dough
Water temp	41 - 46 °C (105 - 115 °F)	to add to yeast
Butter	2 °C (35 °F)	Chilled
Butter	18 - 19 °C (65 - 67 °F)	Softened
Butter	29 - 32 °C (85 - 90 °F)	Melted & Cooled
Sponge Cake	95 - 98 °C (203 - 208 °F)	
Fruit cake	98 - 100 °C (208 - 212 °F)	

Confectionery / Sugar Syrup Temperatures

Thread	110 - 112 °C (230 - 234 °F)	Syrup
Soft Ball	112 - 116 °C (234 - 240 °F)	Fondants, Fudge & Pralines
Firm Ball	118 - 120 °C (244 - 248 °F)	Caramel
Hard Ball	121 - 130 °C (250 - 266 °F)	Divinity & Nougat
Soft Crack	132 - 143 °C (270 - 290 °F)	Taffy
Hard Crack	149 - 154 °C (300 - 310 °F)	Brittles, Lollipops & Hardtack
Caramel	160 - 177 °C (320 - 350 °F)	Flan & Caramel Cages