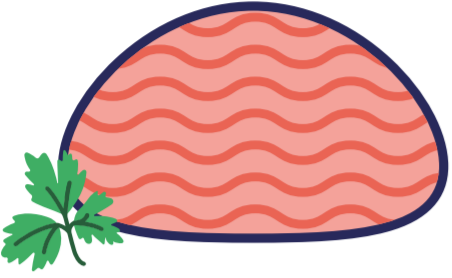
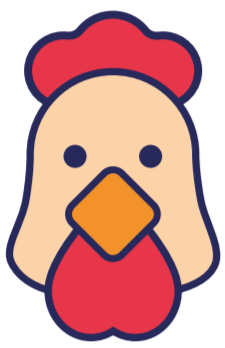
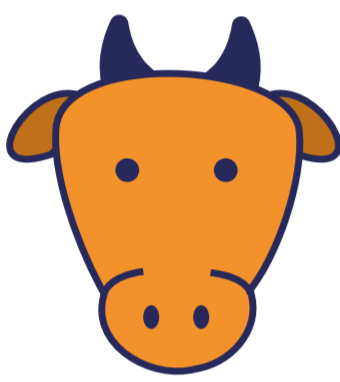
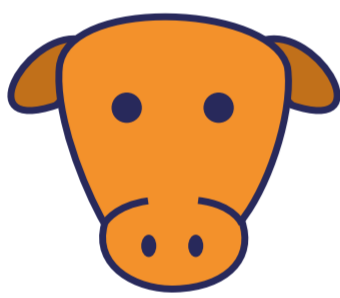
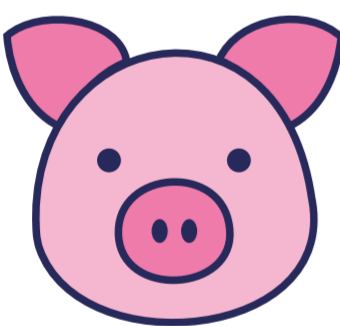
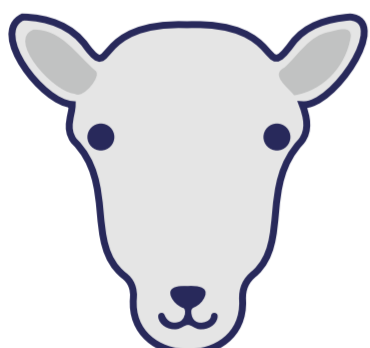
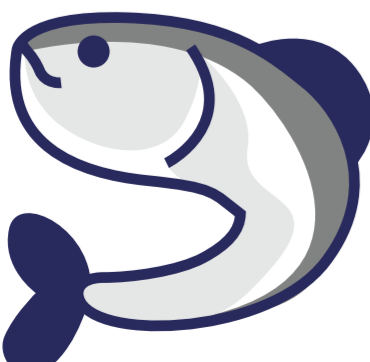


Meat cooking chart

	Doneness	Internal temperature	Roasting Time/Weight
Ground beef			
	Medium	160°F	
Ground or whole poultry			
	Medium	165°F	1 hr and 15 mins - 1 hr and 30 mins (whole chicken) -1 hr and 30 mins to 2 hrs and 15 mins / 4 to 6 lbs turkey breast
Beef			
	Rare	125°F	
	Medium Rare	140°F	23 to 25 mins / lb (bone-in)
	Medium	150°F	
	Medium Well Done	160°F	
	Well Done	165°F	
Veal			
	Rare	125°F	
	Medium Rare	140°F	
	Medium	150°F	
	Medium Well Done	160°F	
	Well Done	165°F	
Pork			
	Medium	160°F	
	Medium Well Done	165°F	20 mins / lb (bone-in and boneless)
	Well Done	170°F	
Lamb			
	Rare	140°F	
	Medium Rare	145°F	20 to 25 mins / lb (bone-in)
	Medium	160°F	
	Medium Well Done	165°F	
	Well Done	170°F	
Fish			
	Medium	145°F	