MEAT. POULTRY & PORK TEMPERATURE GUIDE

Beef, Lamb, Veal Steaks, Roasts and Chops	Rare 125-130°F (It's Alive)	*Medium Rare 130-135°F (My Choice)	Medium 140-145°F (Popular Choice)	Medium Well 150-160°F (Only on Accident)	Well Done 160°F-up (Hockey Puck Fans)

Pork Steaks, Roasts and Chops	Medium Rare 125-135°F (Not For Me)	*Medium – USDA Recommended 140-145°F (My Choice)	Well Done 150°F-up (Only on Accident)

Chicken, Turkey, Duck – Roasted whole or pieces	165°F
Ham (uncooked) or smoked USDA - Recommended	145°F
Fully Cooked Ham (to reheat) USDA - recommended	165°F
Sausage USDA- recommended	160°F
Ground Meat Beef, Lamb & Veal	160° F
Fish & Shellfish	*Medium 125-130°F USDA Done 145°F
Eggs	160°F
Leftovers & Casseroles (I always go the USDA route with my leftovers)	165°F

*Note, Chef Reilly recommended temperatures are consistent with many expert sources and other chefs for taste and safety. USDA - recommended temperatures are 5 to 10°F higher because of food safety.

These are ideal peak tempatures, meats should be removed from heat several degrees lower and allowed o rise to ideal tempature during resting.

–Chef Reilly

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.