

°C	Out of Oven	After Resting (Warm Place)
Beef or Lamb		
Rare	48 - 52	55 - 60
Medium Rare	55 - 59	61 - 65
Medium	60 - 66	66 - 70
Medium-Well	67 - 71	71 - 75
Well Done	72 +	76 +
Veal or Pork		
Medium	60	70
Well Done	70	80
Poultry	65	75