

### Meat Safe Temperature Chart

	Safe Minimum Temperature	Resting Time
Beef steaks & chops	62 °C (145 °F)	5 minutes
Gammon (from raw)	62 °C (145 °F)	5 minutes
Ham (from raw)	62 °C (145 °F)	5 minutes
Roast beef	62 °C (145 °F)	5 minutes
Roast pork	62 °C (145 °F)	5 minutes
Lamb fillet	62 °C (145 °F)	5 minutes
Lamb chops	62 °C (145 °F)	5 minutes
lamb steaks	62 °C (145 °F)	5 minutes
Roast lamb	62 °C (145 °F)	5 minutes
Pre-cooked Ham (reheating)	60 °C (140 °F)	None
(Prawns,crabs,lobster,crayfish)	62 °C (145 °F)	None
Finned fish	62 °C (145 °F)	None
Hare	74 °C (165 °F)	5 minutes
Rabbit	74 °C (165 °F)	5 minutes
Whole roast grouse	74 °C (165 °F)	5 minutes
Whole roast Guinea fowl	74 °C (165 °F)	5 minutes
Roast wild boar	76 °C(170 °F)	5 minutes
Roast venison	71 °C (160 °F)	5 minutes
Whole roast partridge	74 °C (165 °F)	5 minutes
Whole roast pheasant	74 °C (165 °F)	5 minutes
Whole roast pigeon	74 °C (165 °F)	5 minutes
Whole roast quails	74 °C (165 °F)	3 minutes

Reheating	Safe Minimum Temperature	Resting Time
Beef	71 °C (160 °F)	None
Chicken	74 °C (165 °F)	None
Pork	71 °C (160 °F)	None
Turkey	74 °C (165 °F)	None
Veal	71 °C (160 °F)	None
Chicken wings	74 °C (165 °F)	None
Chicken breasts	74 °C (165 °F)	None
Chicken legs	74 °C (165 °F)	None
Chicken thighs	74 °C (165 °F)	None
Turkey breasts	74 °C (165 °F)	None
Turkey legs	74 °C (165 °F)	None
Turkey thighs	74 °C (165 °F)	None
Turkey wings	74 °C (165 °F)	None
Whole roast chicken	74 °C (165 °F)	5 minutes
Whole roast turkey	74 °C (165 °F)	5 minutes
Whole roast duck	74 °C (165 °F)	5 minutes
Whole roast goose	74 °C (165 °F)	5 minutes
Emu steaks	63 °C (145 °F)	5 minutes
Ostrich steaks	63 °C (145 °F)	5 minutes
Rhea steaks	63 °C (145 °F)	5 minutes