

BBQ & Grill Meat Temperature Chart

Final internal temperatures - pull 5-10 °F earlier for carryover cooking

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Free calculator + timers

BEEF & LAMB	°F	°C
Rare	125	52
Medium Rare	130	55
Medium	140	60
Medium Well	150	65
Well Done	160	71
GROUND BEEF (burgers)	°F	°C
USDA Safe - always for store-bought	160	71
PORK	°F	°C
Chops, loin, tenderloin (USDA safe)	145	63
Well done	160	71
Pre-cooked ham (reheat)	140	60
POULTRY	°F	°C
Chicken / turkey breast (USDA safe)	165	74
Thighs & dark meat	175	79
Wings (crisp skin)	175	79
SEAFOOD	°F	°C
Salmon - medium rare	120	49
Salmon - medium	130	55
Salmon - well done	145	63
Tuna - rare, seared	110	43
Shrimp - just done	120	49
LOW & SLOW (cook to tender, not to a number)	°F	°C
Ribs - probe tender	200	93
Pulled pork - shreddable	205	96
Brisket - probe tender	205	96
Beef short ribs	208	98

PULL EARLY: carryover cooking

Meat keeps cooking after it leaves the heat. Pull it BELOW the target and let it rest up while resting about 4-6 °F for a 1 inch steak on a hot grill, 10-15 °F for a thick roast, and only 2-4 °F for anything cooked low and slow at 225 °F.

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