

Instant-Read Thermometer Temps from The Boat Galley

Always remember to put the tip of the thermometer probe in the center of the food (not touching a pan or bone) and be sure to wash it thoroughly between foods to avoid cross-contamination.

Meats

Beef, Pork, Veal and Lamb.....	145° F.*
Ground Beef, Pork, Veal and Lamb.....	160° F.*
Steak, rare.....	120 - 125° F.
Steak, medium.....	140 - 145° F.
Steak, well done.....	160° F.
Chicken and Turkey (ground, whole or pieces).....	165° F.*
Ham (fresh).....	160° F.*
Ham (pre-cooked).....	140° F.*
Sausage (raw).....	160° F.
Sausage (pre-cooked/brown & serve).....	140° F.

Fish

Tuna, Marlin and Swordfish.....	125° F.
All other fish.....	135° F.

Water

Water for yogurt.....	110 - 120° F.
Water for yeast.....	105 - 115° F.
Boiling water at sea level (to check thermometer for accuracy).....	212° F.

Baking

Quick Breads (made with baking powder or soda).....	190 - 200° F.
Yeast Breads.....	200 - 210° F.
Cheesecake.....	150° F.
Cake.....	210° F.
Brownies (fudgy).....	170° F.
Brownies (cake-like).....	180° F.
Bread Pudding.....	160° F.
Flan.....	175° F.
Pie (pecan, shoofly and other similar pies).....	200° F.
Pie (all others, including custard and fruit).....	175° F.

Miscellaneous

Egg Dishes (quiche, breakfast casseroles).....	160° F.*
Custard.....	160° F.
Casseroles, Leftovers and Stuffing/Dressing.....	165° F.*
Baked Potato.....	210° F.

*FDA Safe Cooking Temperature