

Safe Cooking Temperatures



Food safety at your fingertips

Cook the following foods to these temperatures in the centre using a meat thermometer:

63°C



Beef, Lamb, Kangaroo in whole cuts like chops, steaks, pieces & roasts at least 63°C (medium rare). Leave to rest 3-5 minutes.

70-75°C



Pork Steaks and pieces to 70°C and roasts to between 70°C and 75°C. Leave to rest 3 to 5 minutes.

75°C



Sausages, Mince, Poultry, Rolled Roasts, Liver and other offal to 75°C.

75°C



Reheated leftovers 75°C. Fish Fillets 63°C (or until flesh flakes easily).

72°C



Eggs and egg dishes such as quiche to 72°C or until white is firm and yolk thickens.



Eating cuts of meat rare or raw may put you at risk of food poisoning or parasite infection such as toxoplasmosis