# Unit 308: Produce and present advanced main course dishes using standardised recipes

# Handout 2: Cooking temperatures for meat

|  |
| --- |
| **Beef** |
| **Doneness** | **Cooking Temperature** | **Description** |
| Blue | 30 – 39°c | Caramelize outside, blood red inside |
| Rare | 40 – 47°C | Blood red in the centre |
| Medium rare | 48 – 56°C | Narrow blood red in the centre |
| Medium | 57 – 63°C | Pink line in the centre |
| Medium well | 64 – 69°C | Brown on the outside with a slight hint of pink |
| Well done | 70+°C | Brown and no signs of blood |
| **Lamb** |
| **Doneness** | **Cooking Temperature** | **Description** |
| Rare | 50 – 55°C | Very red with running juices |
| Medium | 55 – 60°C | Light red with warm juices |
| Medium well | 60 – 65°C | Slightly red with juices |
| Well done | 65 – 70°C | Brown with hot juices |
| **Pork** |
| **Cooking Temperature** | **Description** |
| 63°C | Just white, no signs of blood |
| **Pork** |
| **Cooking Temperature** | **Description** |
| 72°C | Just white, no signs of blood |