

## 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