



Time & Temperature Quick Reference

by J. Kenji López-Alt

Chicken

Soft and juicy chicken breast:	145°F / 63°C
Traditionally firm chicken breast:	155°F / 69°C
Juicy and tender chicken thigh:	165°F / 74°C
Off-the-bone tender chicken thigh:	165°F / 74°C

Steak or Lamb

Medium-rare:	129°F / 54°C
Medium:	140°F / 60°C
Medium-well:	145°F / 63°C

Pork Chops

Rosy pink and juicy:	135°F / 57°C
White throughout and juicy:	147°F / 64°C

Fish

Mi-cuit (tender but translucent):	110°F / 43°C
Tender and flaky:	124°F / 51°C
Traditional well-done:	132°F / 55°C

Eggs

Soft yolks, ghostly, barely set whites:	140°F / 60°C
Creamy yolks, opaque, tender whites:	145°F / 63°C

Sausage

Extra-juicy and soft:	140°F / 60°C
Firm and juicy:	150°F / 66°C
Traditional, springy:	160°F / 71°C

Hamburger

Very Rare to Rare:	115-123°F / 46-51°C
Medium-Rare:	124-129°F / 51-54°C
Medium:	130-137°F / 54-58°C
Medium-Well:	138-144°F / 59-62°C
Well-Done:	145-155°F / 63-68°C

Green Vegetables

Asparagus, peas, broccoli, etc.	183°F / 84°C
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Root Vegetables

Carrots, parsnips, potatoes, etc.	183°F / 84°C
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Using the guide to cook a chicken breast @ 145°F / 63°C

