

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

LOOK BEFORE YOU COOK

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The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity. For more information see www.foodsafety.asn.au



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