

4. At C / F

5. Change

reference

For achieving

Meat	Raw		Medium raw		Medium		Well done	
	°C	°F	°C	°F	°C	°F	°C	°F
Beef	140	284	145	293	160	320	171	307.8
Lamb			151	303.8	160	320	171	307.8
Pork							171	307.8
Chicken							180	356
Turkey							180	356

1. Do

2. Do

3. Hold