

# Food Temperature Guide

Meat Type	Smoking Temp
Beef Brisket	107-135°C / 225-275°F
Beef Ribs	107-135°C / 225-275°F
Beef Steak	107-135°C / 225-275°F
Pork Butt / Ribs	107-135°C / 225-275°F
Pork Tenderloin	107-163°C / 225-325°F
Chicken / Turkey	121-149°C / 250-300°F
Fish	107-121°C / 225-250°F

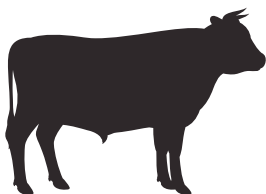
## Safe Food Time Guide








Food left sitting between  
5°C-60°C / 41°F-140°F for:

**<2 hours**  
refrigerate or use immediately

**2-4 hours**  
use immediately

**>4 hours**  
throw out



Rare: 52°C / 125°F   
 Medium-rare: 57°C / 135°F   
 Medium: 63°C / 145°F   
 Medium-well: 68°C / 155°F   
 Well: 74°C / 165°F   
 Ribs: 90°C / 195°F   
 Brisket: 96°C / 205°F 

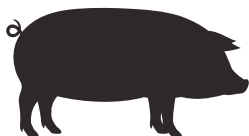
Cooking times can vary greatly even  
for the same sized cut of meat.







For slow cooked meat, check the  
internal temperature and probe for  
tenderness to determine if ready.



74°C / 165°F

63°C / 145°F



Medium-rare: 63°C / 145°F   
 Medium: 66°C / 150°F   
 Medium-well: 68°C / 155°F   
 Well: 71°C / 160°F   
 Ribs: 90°C / 195°F   
 Pulled: 96°C / 205°F 



Eggs









Sausages

72°C / 162°F

75°C / 167°F



Rare: 52°C / 125°F   
 Medium-rare: 57°C / 135°F   
 Medium: 63°C / 145°F   
 Medium-well: 68°C / 155°F   
 Well: 74°C / 165°F   
 Pulled: 96°C / 205°F 



Ground meat



Leftovers

78°C / 173°F

74°C / 165°F

This information is provided as a reference guide only.  
Review local authority guidelines for detailed food safety information.



**Z GRILLS**  
Australia

