

ColMoni's

CATERING

Meat Temperature Guide

[use an instant read thermometer]



Rare 120–130°F

Medium Rare 130–135°F



Medium 135–145°F

Medium Well 145–155°F



Well Done > 155°F



165°F



135–145°F

Tip: to account for carryover cooking, remove from heat a few degrees before target temperature.

Measurement Equivalents

1 tablespoon = 3 teaspoons | 15 mL

1/4 cup = 4 tablespoons | 2 ounces

1 cup = 8 ounces | 240 mL

1 pint = 2 cups | 16 ounces

1 quart = 4 cups | .95 liters