



## *Pork Internal Cooking Temperatures*

Pork should be removed from heat 5 to 10 degrees below the desired serving temperature. The residual heat will continue to cook the meat as it rests (this is called carryover cooking). Follow the 'cook to' temperatures below and rest until the meat reaches the desired doneness temperature. This will take 5-10 minutes.

<i>DONENESS</i>	<i>COOK TO TEMPERATURE</i>	<i>REST TO TEMPERATURE</i>
Medium Rare	135 to 145°F 57 to 63°C	145 to 150°F 63 to 66°C
Medium	140 to 150°F 60 to 68°C	150 to 155°F 66 to 68°C
Medium Well	145 to 155°F 63 to 68°C	155 to 159°F 68 to 70°C
Well	150°F 66°C	160°F 68°C

Use an instant-read thermometer to measure the internal temperature. If the pork has a bone, avoid hitting it with the thermometer, as this will skew the result.

**IF FOOD SAFETY IS YOUR MAIN CONCERN, COOK ALL MEAT TO WELL-DONE.**