Safe Cooking Temperatures

Certain foods need a minimum cooking temperature to be prepared healthily and safely:

When cooking food, remember that it takes a long time for the temperature in the middle of the food to reach the same temperature as the surface. Heat food to at least 80 degrees centigrade all the way through. The crucial rule is, when you're cooking food you need to make sure it's piping hot all the way through.

Food	Safe Temperatures
Beef	80°C
Pork	80°C
Lamb	80°C
Poultry	80°C
Fish	80°C