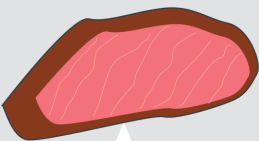


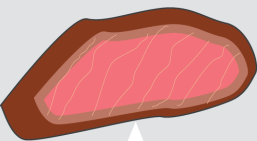
# COOKING TEMPS

## BEEF



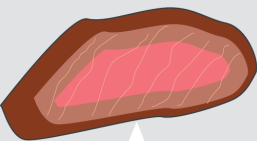
**Rare**

🔪 120-130°F



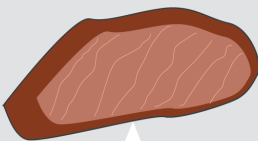
**Med-Rare**

🔪 130-140°F



**Med**

🔪 140-150°F



**Well**

🔪 160-170°F



**HAMBURGER**

🔪 160°F



**CHICKEN BREAST**

🔪 165°F