

Temperature table , the temperatur of the meat and the fish is to be measured in the core of the food item.

Use	Celcius	Fahrenheit
Beef rare	52-54	125-129
Beef medium	60-65	140-149
Beef well done	70-80	158-176
Veal	70-75	158-176
Pork	70-85	158-185
Lamb medium	70-78	158-172
Lamb well done	80-85	176-194
Poultry	80-90	176-194
Fish	60-65	140-149
<i>Beverages cold</i>		
Sparkling win/champain	6-8	43-46
White wine young (up to 5 years) dry and semi dry	10-12	50-54
White older (older then 5 years) dry or semi dry	10-14	50-54
Red wine young (up to 3) dry or semi	14-16	57-61
Red wine older	16-18	61-64
Beer	8-10	46-50
<i>Warm</i>		
Milk or milkfroth	60-71	140-145
Teawater general	65-90	149-194
Teawater for green tea	70	158
<i>Chocolate</i>		
Chocolate coating	27-34,5	93
Chocolate for fondue	34	93
<i>Oil and fat</i>		
Oil in pan for deepfrying	150-200	302-392
Oil in deepfryer for deepfrying	16-170	320-338
<i>Infant food</i>		
	37	98,6

- 180°