

# BEZON

## Meat Temperature & Grilling Cheat Sheet

### Beef

- **Rare:** 120-125°F (49-52°C) | Cool, red center
- **Medium-Rare:** 130-135°F (54-57°C) | Warm, red center
- **Medium:** 140-145°F (60-63°C) | Warm, pink center
- **Medium-Well:** 150-155°F (65-68°C) | Slightly pink center
- **Well-Done:** 160°F+ (71°C+) | Fully browned

### Pork

- **Pork Chops/Tenderloin:** 145°F (63°C) | Slightly pink center
- **Pulled Pork:** 195-205°F (90-96°C) | Fall-apart tender

### Poultry

- **Chicken & Turkey (Breast, Thighs, Whole):** 165°F (74°C) | Juicy, fully cooked
- **Duck (Medium-Rare):** 130°F (54°C) | Warm, pink center

### Seafood

- **Salmon & Tuna (Medium-Rare):** 120-125°F (49-52°C) | Firm outside, soft inside
- **White Fish (Cod, Halibut, Mahi-Mahi):** 130-135°F (54-57°C) | Flaky texture
- **Shrimp & Lobster:** 120-130°F (49-54°C) | Opaque & firm

## Grilling Time Guide (Per Side)

- **Steak (1" Thick):** 3-5 min (Med-Rare) | 6-8 min (Med-Well)
- **Burgers:** 4-5 min (Med) | 6-7 min (Well-Done)
- **Pork Chops:** 5-6 min
- **Chicken Breast:** 6-7 min
- **Salmon Fillet:** 4-5 min
- **Shrimp:** 2-3 min

## Pro Grilling Tips

1. **Let Meat Rest:** Allow meat to rest for 5-10 minutes after grilling to retain juices.
2. **Use a Meat Thermometer:** Ensure accuracy and avoid overcooking.
3. **Oil the Grill Grates:** Prevents sticking and ensures perfect sear marks.
4. **High Heat for Searing, Low Heat for Cooking:** Get a crust, then finish slowly.
5. **Flip Only Once:** Helps retain juices and develop a proper crust.

**Legendary Grilling Starts Here!**