

GRIDDLE TEMPERATURE GUIDE

MEAT



Chicken (Thighs/Breast)	375-400°F
Smashburgers	425-475°F
Thicker Burgers	375-425°F
Thin Steaks	450-500°F
Thicker Steaks	400-450°F
Pork Chops	375-425°F
Hot Dogs	375-400°F
Fish Fillets	350-400°F
Seafood (lobster, shrimp)	375-425°F

VEGETABLES



Asparagus	350-400°F
Broccoli	375-425°F
Corn	350-400°F
Bell Peppers	375-425°F
Brussel Sprouts	375-425°F
Onions	375-425°F
Mushrooms	350-400°F
Potatoes	375-425°F
Squash	350-400°F
Zucchini	400-425°F

BREAKFAST



Pancakes	325-375°F
Bacon & Breakfast Sausages	375-425°F
French Toast	350-375°F
Hashbrow & Potatoes	375-425°F
Eggs	300-350°F

MISCELLANEOUS



Grilled Cheese	325-375°F
Zucchini Fritters	375-400°F
Fried Rice	425-475°F
Bacon-Wrapped	375-400°F
Asparagus	350-375°F
Pasta Dishes	375-400°F
Stuffed Peppers	350-375°F
Tortillas/Quesadillas	375-400°F
Tofu	375-400°F
Frozen French Fries	375-400°F
Pizza Dough (Raw)	375-400°F
Crab Cakes	375-400°F

INTERNAL MEAT TEMPS.



BEEF

Blue	110-120°F
Rare	120-130°F
Medium-Rare	130-135°F
Medium	135-145°F
Medium-Well	145-155°F
Well Done	160°F
Brisket	200-205°F

SEAFOOD

Fish Fillets	145°F
Shrimp	120°F

CHICKEN

Thighs	165-175°F
Legs	165-175°F
Wings	165-175°F
Chicken Breasts	165°F
Ground Chicken	165°F

PORK

Pork Chops	145°F
Tenderloin	145°F
Ground Pork	160°F
Sausage	160°F
Pulled Pork	195-205°F
Ribs	195-205°F

