

Salmon temperature chart

Doneness

Internal temperature



Rare

120°F



Medium-rare

125°F



Medium

130°F*



Medium-well

135°F to 140°F*



Well-done

140°F to 145°F*

Cooking method

Internal temperature



Smoked salmon

140°F to 145°F*



Baked salmon

135°F to 140°F**



Grilled salmon

140°F to 145°F*



Frying salmon

140°F to 145°F*

Allow the meat to rest for ***3 min** or ****5 min** before serving.

Consuming raw or undercooked salmon increases the risk of causing foodborne illness.