HOORVIA — AIR FRYER FOOD DONENESS & INTERNAL TEMPERATURE GUIDE

Quick Reference Cheat Sheet • Pull Temp vs Target Temp • Carryover Heat & Probe Placement • US Letter (8.5" × 11")

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■ PROTEIN PULL TEMP VS. FINAL TARGET TEMP (CARRYOVER CHART)

Meat / Protein Cut	Pull From Air Fryer At	Final Temp After Rest	Mandatory Rest Time
Chicken Breast / Tenders (White Meat)	161°F / 72°C	165°F / 74°C (USDA Safe)	5 minutes (Tent w/ foil)
Chicken Thighs / Drumsticks / Wings	175°F / 79°C	180°F / 82°C (Fall-off-bone)	5 minutes
Ground Beef / Pork Burgers & Meatloaf	157°F / 69°C	160°F / 71°C (USDA Safe)	3–4 minutes
Ground Poultry (Turkey / Chicken Burger)	162°F / 72°C	165°F / 74°C (USDA Safe)	3–4 minutes
Steak — Medium-Rare (Ribeye / Strip)	130°F / 54°C	135°F / 57°C (Warm Red)	5–7 minutes
Steak — Medium (Ribeye / Sirloin)	140°F / 60°C	145°F / 63°C (Pink Center)	5–7 minutes
Pork Chops & Pork Tenderloin	141°F / 61°C	145°F / 63°C (USDA Safe)	3–5 minutes
Pork Ribs & Crispy Pork Belly	192°F / 89°C	198°F / 92°C (Collagen Melted)	8–10 minutes
Salmon Fillet (Medium / Buttery)	130°F / 54°C	135°F / 57°C (Flaky & Moist)	2–3 minutes
White Fish (Cod / Tilapia / Halibut)	140°F / 60°C	145°F / 63°C (Opaque Flakes)	2 minutes

■ VISUAL & TEXTURE DONENESS CUES (WHEN YOU HAVE NO THERMOMETER)

Food Category	Underdone Cue (Keep Cooking)	Perfectly Done Visual & Touch Cue	Overdone Warning Sign
Boneless Chicken	Soft, squishy, translucent pink near center	Firm springback; juices run 100% clear (not pink)	Hard, chalky white fibers; squeaky bite
Salmon & Fish	Translucent dark center; won't flake	Separates gently into shiny flakes when pressed w/ fork	Thick white albumin curd covering top
Jumbo Shrimp	Grey/translucent; straight or loose curve	Opaque coral-pink; forms a gentle 'C' curve	Tightly coiled 'O' shape; tough & rubbery
Roasted Potatoes	Knife meets hard resistance in middle	Fork slides into largest cube w/ zero resistance	Hollow, shriveled shell
Baked Goods / Cakes	Wet batter sticks to toothpick; 180°F	Clean toothpick; internal temp 200°F–205°F (93°C)	Dark bitter crust; pulling away dry

■ THERMOMETER PROBE PLACEMENT RULES

Food Cut	Where to Insert Digital Probe	What to Avoid Touching
Thick Steaks, Chops & Burgers	Horizontally through the side into dead center	Do not push all the way through to the hot metal grate
Whole Chicken & Turkey Breast	Deepest part of inner breast, parallel to bone	Avoid touching rib bone or wing joint (bone reads +15°F hotter)
Chicken Drumsticks & Wings	Thickest meaty muscle parallel to the bone	Keep tip 1/4 inch away from bone and gristle

PRO TIP: Why sideways probing matters: On a 1-inch burger or pork chop, inserting a thermometer straight down from the top makes it almost impossible to stop at the exact center depth. Slide the probe in horizontally through the side edge!
USDA SAFE MINIMUM INTERNAL TEMPS: Poultry: 165°F (74°C) • Ground Beef/Pork: 160°F (71°C) • Whole Steaks, Chops & Seafood: 145°F (63°C)