



Roast Beef Cooking Temperatures

During resting time, the internal temperature will rise about 5 to 10 degrees. Remove the roast from the oven 5 to 10 degrees below the desired serving temperature. The residual heat (also known as carryover cooking) will do the rest. Follow the 'cook to' temperatures below and rest for at least 20 minutes for the best results.

DONENESS	COOK TO TEMPERATURE	REST TO TEMPERATURE
Rare	120 to 125°F 49 to 51°C	125 to 130°F 51 to 54°C
Medium Rare	130 to 135°F 54 to 57°C	135 to 140°F 54 to 60°C
Medium	135 to 140°F 57 to 60°C	140 to 145°F 60 to 63°C
Medium Well	145 to 155°F 63 to 68°C	155 to 159°F 68 to 70°C
Well	150°F 66°C	160°F 68°C

I recommend cooking a roast to a medium-rare to medium doneness for maximum flavor and tenderness anything more will begin to dry out the roast.

IF FOOD SAFETY IS YOUR MAIN CONCERN, COOK ALL MEAT TO WELL-DONE.