



Steak

Cooking Temperatures

During resting time, the internal temperature will rise about 5 to 10 degrees. Remove the steak from the heat 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 5 to 10 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

**IF FOOD SAFETY IS YOUR MAIN CONCERN,
COOK ALL MEAT TO AT LEAST MEDIUM-WELL.**