



Hamburger Internal Cooking Temperatures

Hamburgers should be removed from heat roughly five degrees below the desired serving temperature. The residual heat will continue to cook the meat as it rests (this is called carryover cooking). Follow the 'cook to' temperatures below and rest until the meat reaches the desired doneness temperature. This will take about 5 minutes.

DONENESS	COOK TO	REST TO	APPROX COOK TIME
Rare	120°F 49°C	125°F 52°C	2 Minutes Each Side
Medium Rare	125°F 52°C	130°F 55°C	3 Minutes Each Side
Medium	135°F 57°C	140°F 60°C	4 Minutes Each Side
Medium Well	145°F 62°C	150°F 68°C	5 Minutes Each Side
Well	155°F 68°C	160°F 71°C	6 Minutes Each Side

To determine whether your burger is done, insert an instant-read thermometer through the side and into the center.

Cooking times are approximate based on a cooking temperature of 375 to 400°F.

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