

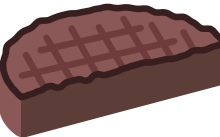
Beef temperature chart

Steak cuts

*Allow the steaks to rest for 3 minutes before serving.

Doneness		Temperature	Cooking time (per side) 1 inch	Cooking time (per side) 2 inches
	Rare	125-130°F	2-3 mins	4-5 mins
	Medium-rare	130-140°F	3-4 mins	5-6 mins
	Medium	140-150°F	4-5 mins	6-7 mins
	Medium-well	150-155°F	5-6 mins	7-8 mins
	Well-done	155°F +	6-7 mins	8-9 mins

Hamburger patty

Doneness		Temperature	Cooking time 1 inch	Cooking time 2 inches
	Well-done	160°F	8-9 mins	10-11 mins