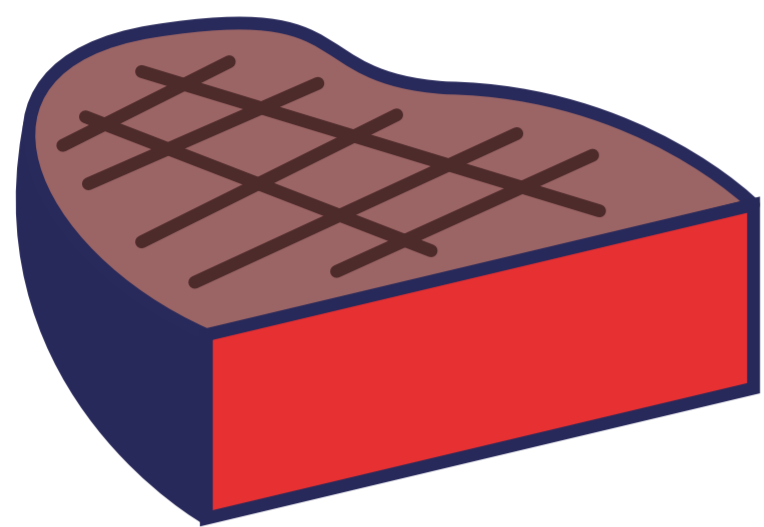


Steak cooking chart

Doneness

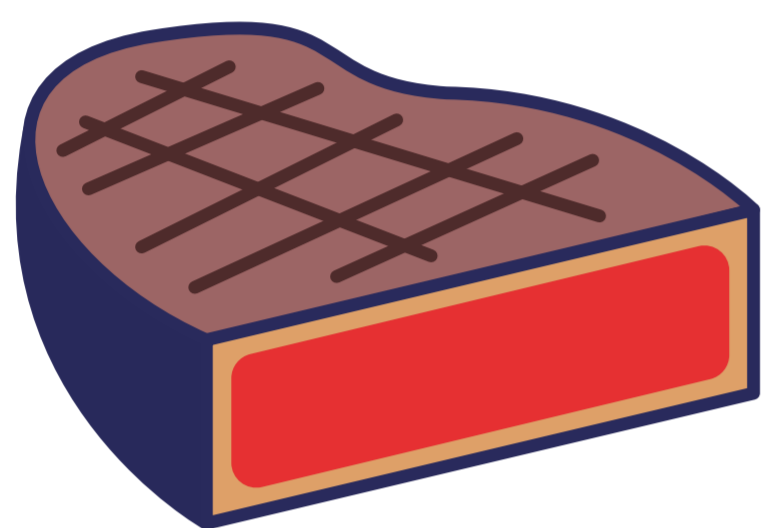
Internal temperature



Extra Rare or "Blue"

- Seared outside
- Completely red interior
- Cold and soft center

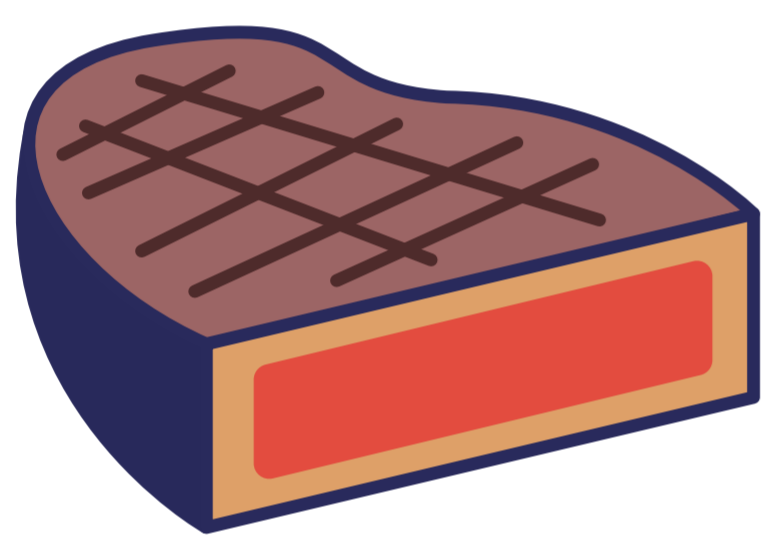
115-120°F



Rare

- Seared outside
- 75% red interior
- Slightly cool center

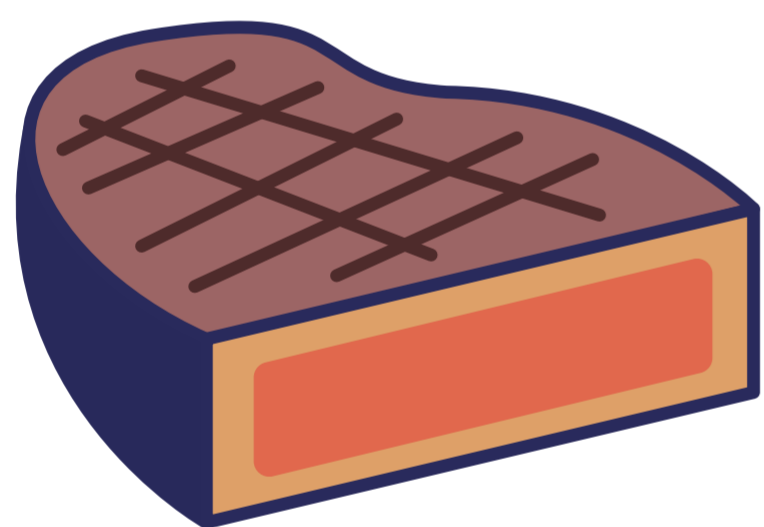
125-130°F



Medium-Rare

- Seared outside
- 50% red interior
- Slightly firm

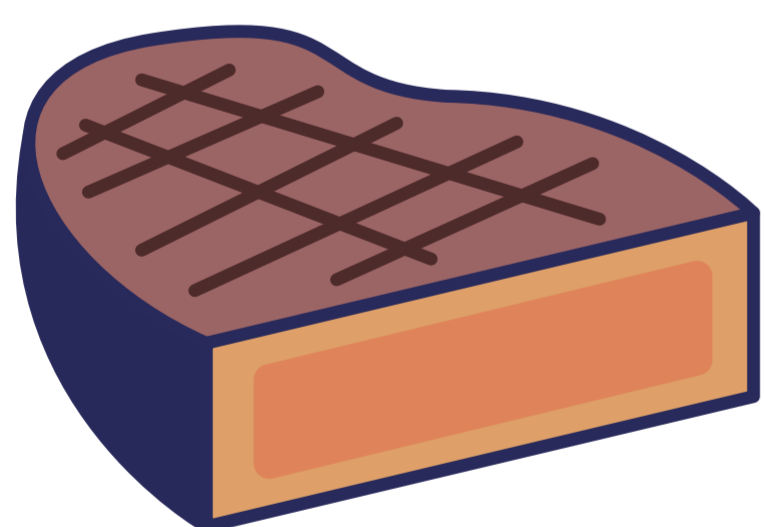
130-140°F



Medium

- Seared outside
- Pink center with slight red
- Firm and springy

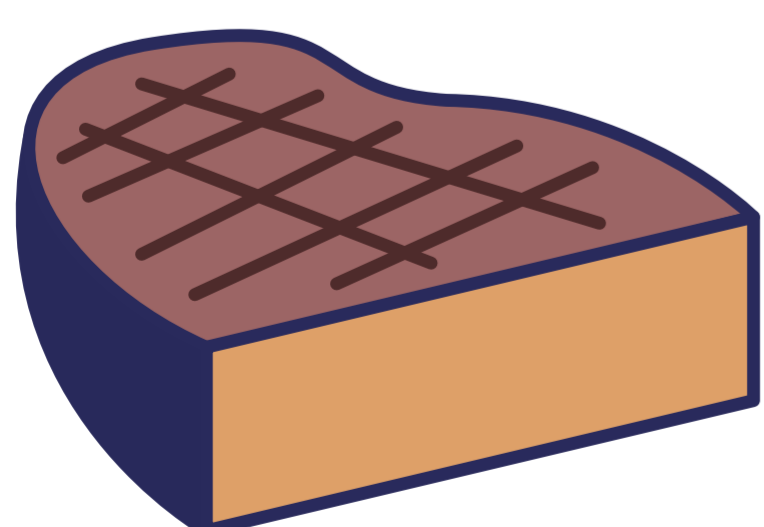
140-150°F



Medium-Well

- Seared outside
- Slightest bit of pink in center
- Mostly cooked throughout

150-155°F



Well-Done

- Seared outside
- Fully brown center
- Firm and cooked throughout

160°F +