



The steak temperature guide.

Keep it by the grill. Measure the center. Cook with confidence.

DONENESS	FINAL CENTER TEMP.	TYPICAL APPEARANCE
Rare	120-129°F 49-54°C	Deep red center
Medium-rare	130-134°F 54-57°C	Warm red center
Medium	135-144°F 57-62°C	Pink center
Medium-well	145-154°F 63-68°C	Little pink
Well-done	155°F+ 68°C+	Mostly brown

CULINARY PREFERENCE RANGES - NOT FOOD-SAFETY THRESHOLDS

For whole beef steaks, the USDA safe minimum is 145°F (63°C), followed by at least 3 minutes of rest. Lower doneness ranges fall below that recommendation. Color and feel cannot confirm safety. Ground beef: 160°F (71°C). For mechanically tenderized steaks, follow the package cooking instructions.

Three habits for a better steak.

1. Insert the thermometer into the thickest center, away from bone and large fat pockets.
2. Check more than one spot. Carryover varies with thickness and cooking method.
3. Rest before slicing; slice across the grain. Use temperature, not color, as your check.