

STEAK GRILLING GUIDE

FILET MIGNON & CENTER-CUT RIBEYE

minutes given is per side

<i>Thickness</i>	<i>Rare</i>	<i>Med. Rare</i>	<i>Medium</i>
1.5"	3 min	3.5 min	4 min
1.75"	3.5 min	4 min	4.5 min
2"	4 min	4.5 min	5 min

SIRLOIN STRIP STEAKS, RIBEYE STEAKS & PORTERHOUSE STEAKS

minutes given is per side

<i>Thickness</i>	<i>Rare</i>	<i>Med. Rare</i>	<i>Medium</i>
1"	4 min	5 min	6 min
1.25"	4.5 min	5.5 min	6.5 min
1.5"	5 min	6 min	7 min
1.75"	5.5 min	6.5 min	7.5 min
2"	6 min	7 min	8 min

STEAK DONENESS TEMPERTURE

Rare 110° To 120°

Medium Rare 120° To 130°

Medium 130° To 140° F

THE FLESH TEST

Gently press the meat with your finger, it should feel like:

Rare (cheek)

Medium Rare (chin)

Medium-Well (forehead)

