

Beef Temperature Chart

TIPS

- ✓ Insert thermometer through the side and into the center, not touching bone, fat or gristle.
- ✓ Remove steaks and burgers from heat at 5 degrees lower than desired doneness.
- ✓ Rest 5-10 minutes before slicing. The temperature will continue to rise while meat rests.
- ✓ Use a sharp knife and cut against the grain.



TEMPERATURES FOR STEAKS & ROASTS

DONENESS	REMOVE FROM HEAT	FINAL RESTING TEMP
Rare	120°F	125°F
Medium Rare	130°F	135°F
Medium	140°F	145°F
Medium Well	150°F	155°F
Well Done	155°F	160°F



GROUND BEEF, MEATBALLS, MEATLOAF

160°F

GROUND BEEF TIPS

- ✓ Fat ratios vary. The higher the fat content, the more juicy and flavorful the meat will be.
- ✓ For most recipes, a ratio of 80/20 or 85/15 is recommended.

Source: USDA