

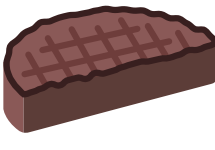
Beef temperature chart

Steak cuts

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

Doneness		Temperature	Cooking time (per side) 2.5 cm	Cooking time (per side) 5 cm
	Rare	48-54°C	2-3 mins	4-5 mins
	Medium-rare	54-60°C	3-4 mins	5-6 mins
	Medium	60-65°C	4-5 mins	6-7 mins
	Medium-well	65-68°C	5-6 mins	7-8 mins
	Well-done	69°C +	6-7 mins	8-9 mins

Hamburger patty

Doneness		Temperature	Cooking time 2.5 cm	Cooking time 5 cm
	Well-done	71°C	8-9 mins	10-11 mins



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