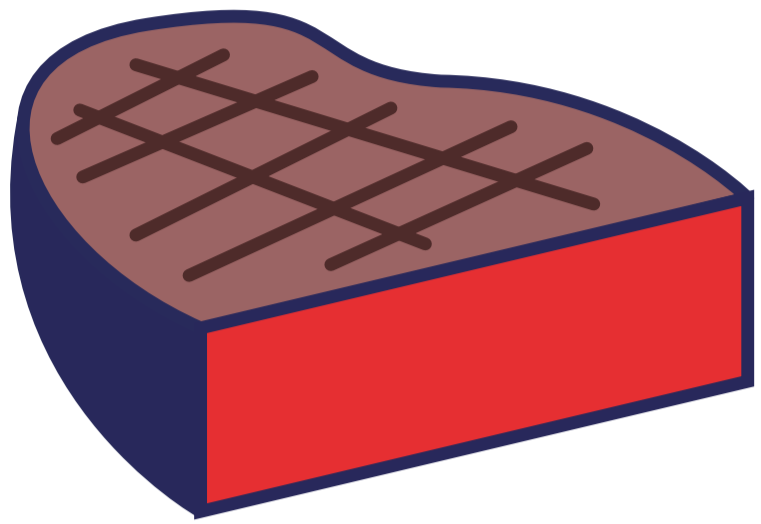


Steak cooking chart

Doneness

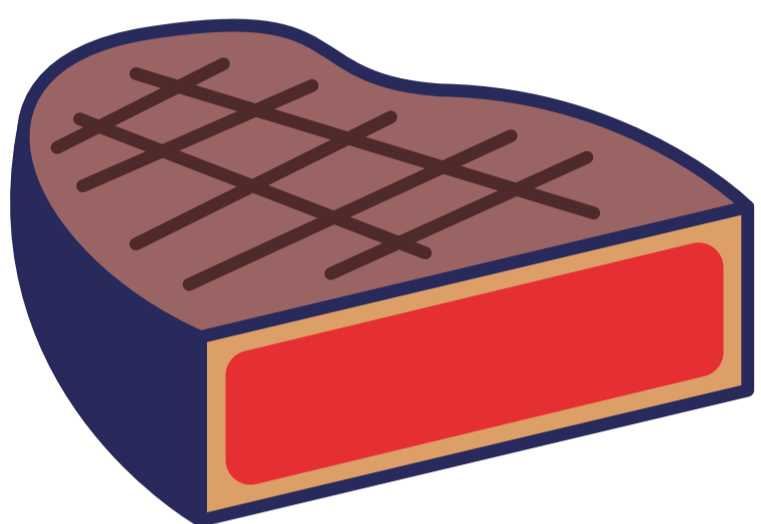
Internal temperature



Extra Rare or "Blue"

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

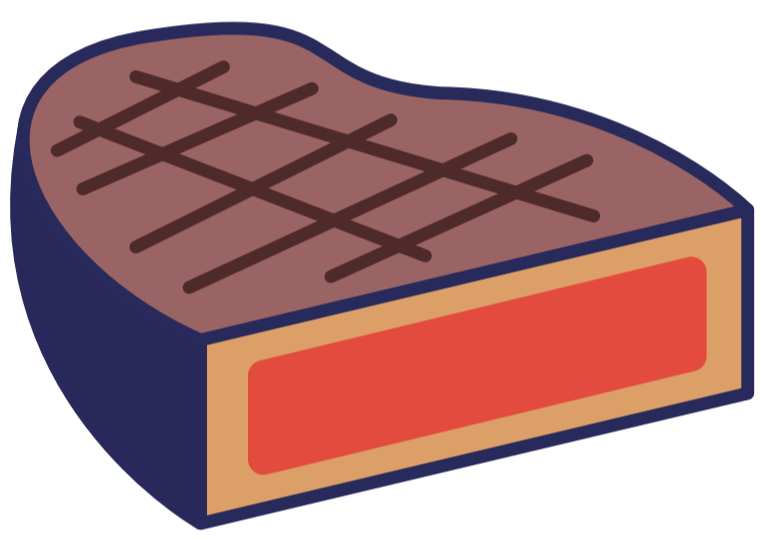
46-48°C



Rare

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

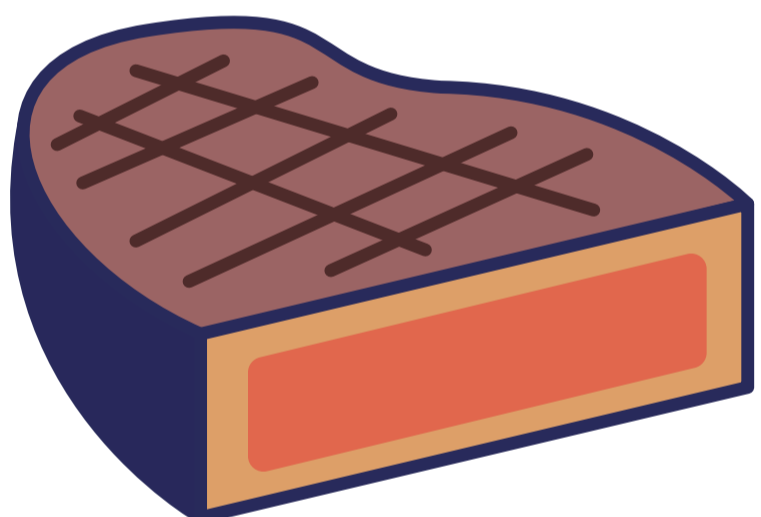
48-54°C



Medium-Rare

- Seared outside
- 50% red interior
- Slightly firm

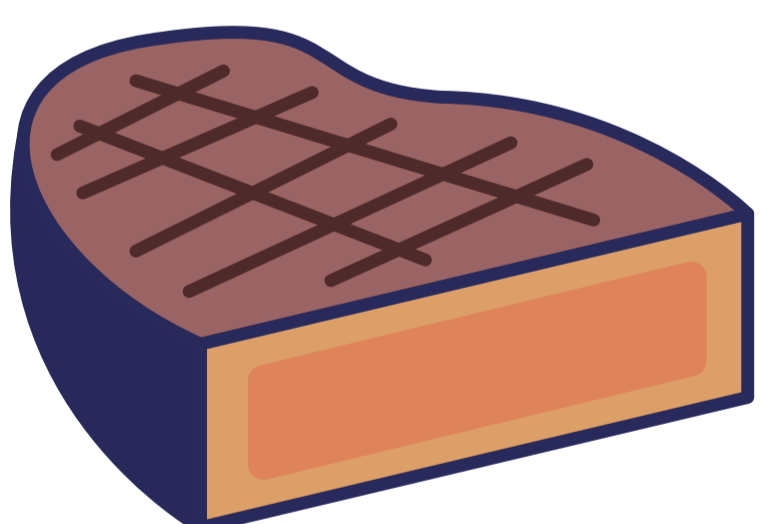
54-60°C



Medium

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

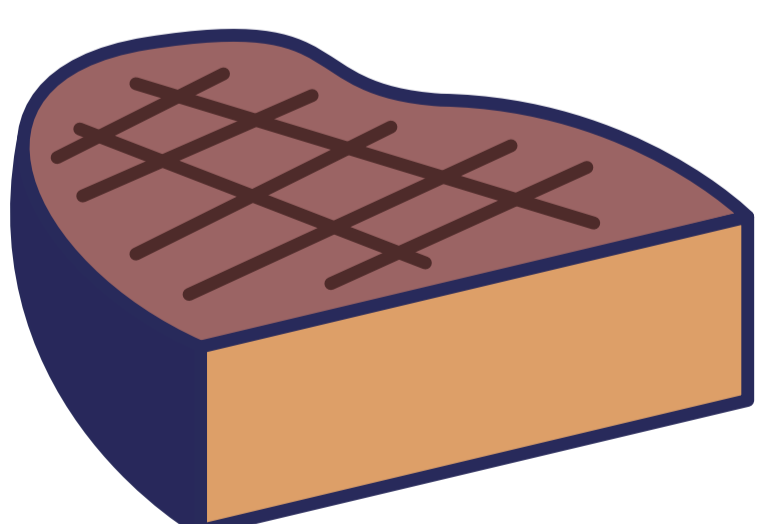
60-65°C



Medium-Well

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

65-68°C



Well-Done

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

71°C +



Save time
on daily tasks

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