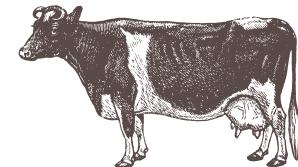




# STEAK DONENESS CHART



DONENESS	INT. TEMP/TIME	NOTES	REC. CUT
Rare	120F 45C 2.5-3 min/side	<p>The steak should have a cool-to-warm red center.</p> <p>Its texture should be soft and tender.</p> <p>This is an excellent choice for leaner steaks that don't have as much fat to render.</p>	Flatiron Top sirloin Top Blade Steak
Medium Rare	130F 55C 3-3.5 min/side	<p>The steak will should have warm red center and a perfect steak texture with a nice brown crust.</p> <p>Cooking to medium rare allows the fat to render and adds a buttery, rich flavor to your steak.</p> <p>This is the ideal doneness for a tender, juicy, flavorful steak.</p>	Filet Mignon Ribeye NY Strip Porterhouse T-bone
Medium	140F 60C 4-4.5 min/side	<p>The steak should have a hot pink center and slightly firmer texture.</p> <p>The longer cook time will make your steak slightly drier and the bite less tender.</p>	Skirt Steak Chuck Short Rib Flap steak
Medium Well	150F 65C 4.5-5 min/side	<p>The steak will have a mostly brown center and firm texture.</p> <p>The meat will be drier as water evaporates during the cooking process.</p>	Short Rib Skirt Steak Hanger
Well Done	160+F 70C+ 5 min/side	<p>The steak will have no color left, will be very firm and much drier.</p> <p>The meat loses fat and moisture as it cooks, resulting in a dry and tough texture.</p>	Skirt Steak Hanger