Safety, Tasty, and Done

Rare Medium Rare Medium Medium Well Well Done

125°F (52°C) 130°F (54°C) 140°F (60°C) 150°F (65°C) 160°F (71°C)

145°F (63°C) → 160°F (71°C)

165°F (74°C) → 180°F (82°C)

125°F (52°C) → 140°F (60°C)

Recommended peak temperatures. Remove from heat 5°F (3°C) to 10°F (6°C) lower than recommended temp. (lower for large cuts) and allow to rise during resting.

