HOORVIA ? STEAK DONENESS TEMPERATURE CHART: PRINTABLE INTERNAL TEMP & RI

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #029

Doneness Level	Pull Temp (°F)	Final Target Temp (°F / °C)	Center Color & Texture	Best Cuts for This Level
Blue Rare (Extra Rare)	110°F	115°F / 46°C	Deep purple-red; cool, raw-like soft center	Filet Mignon, Chateaubriand
Rare	120°F	125°F / 52°C	Bright red center; warm, soft, very juicy	Tenderloin, Top Sirloin, Flank
Medium-Rare (Chef Standard)	130°F	135°F / 57°C	Warm red center; tender with melted fat	New York Strip, Porterhouse, T-Bone
Medium-Rare Plus (Ribeye Sweet Spot)	133°F	138°F / 59°C	Red-pink center; rich intramuscular fat fully rendered	Bone-in Ribeye, Tomahawk, Cowboy Cut
Medium	140°F	145°F / 63°C	Hot pink center; firmer bite, moderate juice	Sirloin Cap (Picanha), Skirt Steak
Medium-Well	150°F	155°F / 68°C	Thin sliver of pink; firm texture, less moisture	Hanger Steak, Flat Iron, Cube Steak
Well Done	155°F+	160°F+ / 71°C+	Brown throughout; firm and dense chew	Thin Diner Steaks, Braised Chuck
USDA Safe Minimum (Whole Beef)	140°F	145°F / 63°C	Pink center; requires a mandatory 3-minute rest	All whole-muscle beef steaks and roasts
Ground Beef / Burger Patties	155°F	160°F / 71°C	No pink remaining; clear juices for food safety	Smash Burgers, Pub-Style Thick Patties
High-Marbling A5 Wagyu	133°F	137°F / 58°C	Buttery pink; high fat requires warmth to melt	Japanese A5 Strip, Miyazaki Ribeye

PRO TIP: Probe Placement: Always insert your instant-read digital thermometer horizontally through the side of the steak into the dead center, avoiding bone and thick fat caps.