

DETERMINING DONENESS

Do you know the difference between medium and medium-rare? Do you like your steak at 145°F? A meat thermometer and the info below will tell you all you need to know for the perfect beef doneness.

STEAKS:

For steaks 1/2 inch or thicker, insert an instant-read thermometer horizontally from the side, so that it penetrates the thickest part or the center of the steak, not touching bone or fat.

For medium-rare the temperature should read 145°F and allow to rest for at least three minutes. For medium steaks the temperature should read 160°F, and well done is 170°F.

After cooking, let steaks rest before serving.

GROUND BEEF:

Ground Beef should be cooked to a safe and savory 160°F. Color is not a reliable indicator of Ground Beef doneness. Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160 degree Fahrenheit internal temperature has been reached.

Insert an instant-read thermometer into the center of thickest part of a meatloaf or meatball, or horizontally from the side into the center of hamburger patties for an accurate reading.

ROASTS:

Insert an ovenproof meat thermometer prior to roasting into the thickest part of the roast, not resting in fat or touching bone. Leave the thermometer in throughout the cooking process.

Or, insert an instant-read thermometer toward end of cooking time (as described above) for about 15 seconds to get an accurate reading. If necessary, remove thermometer and continue cooking until the roast reaches the temperature.

Temperature will continue to rise 5°F to 15°F after removing from oven, to reach desired doneness. Allow 15 to 20 minutes standing time.

Check out recommended cooking time guidelines for some of the most popular cuts and cooking methods.