



Ultimate STEAK GUIDE

1

min

BLUE/EXTRA-RARE

Seared Outside, 1 minute each side
Ensure all sides are sealed
100% Red Center
Internal Temp: 10-29° C
Should feel spongy with no resistance

2.5

min

RARE

Seared Outside, 2 1/2 minutes each side
75% Red Center
Internal Temp: 30-51° C
Should feel soft & spongy with slight resistance

3-4

min

MEDIUM RARE

Seared Outside, 3- 4 minutes each side
50% Red Center
Internal Temp: 57-63° C
Should feel fairly soft, fairly spongy
and slightly springy

4

min

MEDIUM

Seared Outside, 4 minutes each side
Ensure all sides are sealed
25% Red Center
Internal Temp: 63-68° C
Should feel fairly firm and springy

5

min

MEDIUM WELL

5 minutes each side
Slight hint of pink
Internal Temp: 72-77° C
Should feel firm with a slight spring

6

min

WELL-DONE

6 minutes on each side
100% Brown throughout
Internal Temp: 77° C+
Should feel very firm & will
springback quickly