



# RFX WIRELESS MEAT THERMOMETER

by ThermoWorks | Review by Brian Clark

It isn't too much to say that the RFX wireless meat thermometer system has dramatically changed my diet. Some drastic dietary changes were already long overdue; benevolent influences in my inner circle have been pushing me to eat more healthy foods – and less of them. It's important to me to be able to continue to fish hard and keep up with the youngsters, especially mine.

Take deli meats; although they aren't exactly health food, I love sandwiches. I've hitherto been buying lunch meats from the deli section, but after a few trial runs with the RFX, it's clear that I'm able to roast meats that taste better than what's available from the stores. As a bonus, I'm able to eliminate the preservatives and control the sodium levels, and the process of working out my own recipes and techniques has been tremendously enjoyable and gratifying. That's saying something, since I already very much enjoy my time in the kitchen.

## Roasting > Frying

I've often joked that I cook primarily to indulge my inner child: it provides socially acceptable opportunities to play with knives and fire inside the house. Alas, after a month or two of working with the RFX, it's clear that I could've done a much better job of controlling the fire.

Start with my oven: in addition to wireless probes, the RFX provides a wired probe and malleable mount that can be quickly and easily installed on the wire rack inside your oven. To my chagrin, I immediately learned that my oven runs a full 35°F (20°C) hotter than what reads on the dial. I also hadn't realized how dramatic the temperature swings were when the oven is opened, even when it stays closed but oscillates within the normal heating cycles. I've always understood stovetop cooking to be more art than science, an attitude amplified by years of cooking over (and in) campfires and backpacking stoves at a variety of altitudes. I'd always

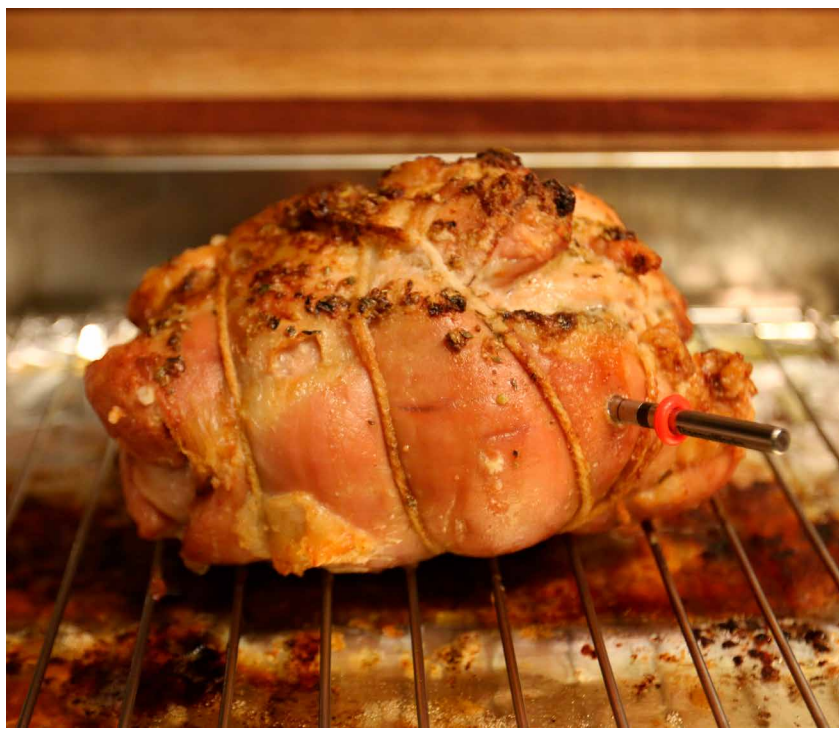
imagined oven temperatures (and baking in general) to be more scientific than grilling, clearly reflecting a lack of imagination and research on my part.

Fortunately, the temperature inside a roast doesn't fluctuate – it simply rises gradually during the cooking process. That's where the RFX MEAT wireless probes work their magic. Each probe is compact, easy to pair with the RFX GATEWAY, and easy to insert into a variety of meats from turkeys to prime rib. There are four temperature sensors inside the probe which can be read individually or averaged, and both high and low alert thresholds can be configured for each. Temperatures are read using an app on your mobile phone, and it's even possible to graph the temperatures over the course of a particular cooking session, then retrieve historical sessions later.

The app is relatively simple, pairing of the RFX gateway with your phone is straight-forward, and pairing of the RFX probes with the gateway is a breeze. Battery life is impressively long, and charging is cake. For the probes, simply plug them back into their cradles—they'll supposedly charge up to 80% in just 10 minutes, though I've yet to have a need to recharge them quickly. The gateway can be charged via USB, and it's possible to connect over fifty RFX probes to a single RFX gateway.

As a casual cook with nicer knives than my skills merit, my home setup is far more humble than the arrays of ThermoWorks devices deployed in professional kitchens. Speaking of culinary professionals, Martin, the chef who writes the blog and recipes for ThermoWorks ([blog.thermoworks.com](http://blog.thermoworks.com)),

[blog.thermoworks.com](http://blog.thermoworks.com)), should be sainted. Let's face it: recipe websites are terrible. Most of them are packed with so much clickbait that you can't even find the recipe, and the commentary overflows with unqualified superlatives. Even the less hyperbolic bits are typically written badly, sometimes to the point where it's difficult to figure out what you should be doing.





Martin's posts have become my go-to source for inspiration, contextual information, and reference guides to cooking temperatures. In sharp contrast to the recipes that focus on ingredients and who's granny made the best whatever, Martin seeks to educate. He not only recommends particular cuts of meat for specific applications, he explains why those cuts are used and why other cuts aren't, going into detail about the temperature ranges and times needed to break down different types of connective tissue to maximize texture and flavor. The range of ethnic cuisines covered is broad but eminently respectful, the advice is lucid, useful, and written with exceptional degrees of panache and wit for this genre.

Predictably, it only covers meats, but I've never found a more helpful food blog, at least insofar as meat is involved.

It's hard to express the degree to which removing the guesswork from internal meat temperatures has revolutionized my cooking. I've been using instant-read needle thermometers\* for years, and they're useful for many purposes, but using them means opening the oven and interrupting the cooking process – not to mention punching multiple holes in your meat. As mentioned above, I hadn't realized how disruptive opening the oven is to the average cooking temperature, and it's clear to me now that I was really just guessing at cook times. The RFX removes the guesswork, enabling constant monitoring of cooking and internal temperatures so that meats can be removed from heat sources at precisely your target temperature. Although the RFX only hit the market in late 2024, I'll never cook meats again without it.

The basic RFX starter kit includes the RFX GATEWAY and one RFX MEAT wireless probe, plus a wired "air probe" which monitors ambient oven temperatures.

**MSRP US\$168**

**Website:** [thermoworks.com/rfx](https://thermoworks.com/rfx)

\*The famous Thermapen® also made by ThermoWorks is the industry standard for instant-read food thermometers. It's splash-proof, portable, exceptionally fast, reliably accurate, and durable. There are several variations serving specific purposes.

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