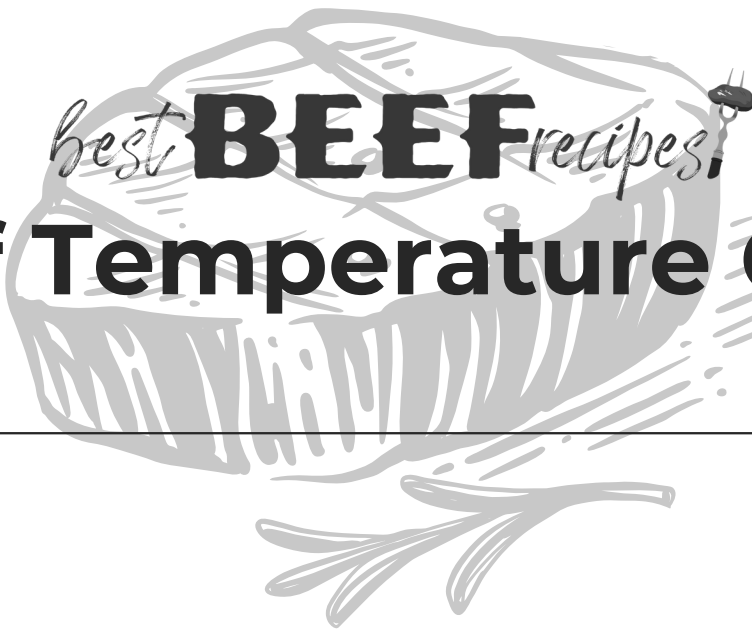


best **BEEF** *recipes!*

Beef Temperature Chart



125°F - Rare

135°F - Medium-rare

145°F - Medium

150°F - Medium-well

160°F - Well-done

For best results, always use a meat thermometer. Remove beef from the heat 5°F below your desired degree of doneness and let it rest 10-15 minutes.