

Temperature Guidelines for Burgers & Steaks

Depending on your desired level of doneness, your steak needs to reach a specified internal temperature:

- Rare: 120°–125°
- Medium Rare: 130°–135°
- Medium: 140°–145°
- Medium Well: 150°–155°
- Well Done: 160°–165°

However, keep in mind that you'll need to remove the steak from the heat source when it's about five degrees away from the temperature you want to achieve. That's because the steak will continue to cook for a few more minutes after you take it off the grill or out of the pan!

Now, let's look at each steak temperature in more detail.

RARE STEAK: 120° TO 125°

Because it only gets cooked a bit, a rare steak's center remains deep red, relatively cool, and extremely juicy. That said, rare steak is still safe to eat if its internal temperature is at least 120°. To reach this temperature, remove the steak when it reaches 115° and let it rest for about 5 minutes before serving.

MEDIUM RARE STEAK: 130° TO 135°

A medium rare steak spends a bit more time on the grill for a warm, red center with dark pink edges. As a result, you'll enjoy that quintessential soft steak texture. Without a doubt, medium rare is the most popular level of steak doneness. Therefore, you'll want to hit that temperature sweet spot of 130° to 135°. To do so, remove the steak at 125° and then give it a few minutes before you slice into it to enjoy your first bite of perfectly cooked steak.

MEDIUM STEAK: 140° TO 145°

If you don't like to bite into red but still want to savor a tender steak, then you need to cook your steak medium. Inside, the meat is pink and warm, with lighter pink edges. To cook a medium steak, take it off the heat at 135° and let it rest while you finish setting the table. This will ensure your steak is the right level of doneness for your preference without being overcooked or dry.

MEDIUM WELL STEAK: 150° TO 155°

Inside a medium well steak, the meat is hot and only has a slightly pink hue in the very center, with little to no color on the edges. On average, this steak's internal temperature reaches between 150° and 155°, so you'll need to take it off the grill or pan as soon as it reaches 145°. Then give it 5-10 minutes to rest and finish the carryover cooking process before enjoying that first bite.

WELL-DONE STEAK: 160° TO 165°

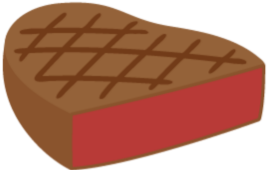
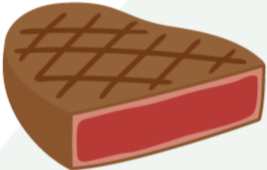
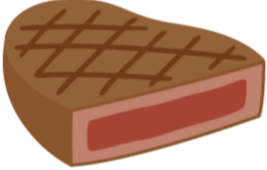
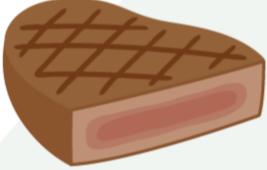
A well-done steak spends the maximum amount of time on the heat, resulting in a center with no pink. If you want to cook your steak to this level of doneness, make sure to stop cooking it when the temperature hits 155°. You don't want to overcook the meat, or else it can become chewy and dry. Instead, let it finish cooking off the heat for a few minutes while you finish getting dinner on the table. You'll be amazed how a little patience really pays off and creates the juiciest possible steak.

USE A DIGITAL MEAT THERMOMETER TO GET AN ACCURATE STEAK TEMPERATURE

So, how can you tell when a steak reaches the temperature you want? Use a thermometer to test temperature.

Because color falls on a spectrum, it's a vague indicator of doneness.

STEAK DONENESS GUIDE

	DONENESS	INTERNAL TEMPERATURE
	Extra Rare or “Blue” • Seared outside • Completely red interior • Cold and soft center	115° - 120° FAHRENHEIT
	Rare • Seared outside • 75% red interior • Slightly cool center	125° - 130° FAHRENHEIT
	Medium-Rare • Seared outside • 50% red interior • Slightly firm	130° - 140° FAHRENHEIT
	Medium • Seared outside • Pink center with slight red • Firm and springy	140° - 150° FAHRENHEIT
	Medium-Well • Seared outside • Slightest bit of pink in center • Mostly cooked throughout	150° - 155° FAHRENHEIT
	Well-Done • Seared outside • Fully brown center • Firm and cooked throughout	160° + FAHRENHEIT

Burger Internal Temp

The internal temperature of different types of burgers varies, so it's strongly recommended you're familiar with how to prepare each type. A few degrees difference in internal temperature could mean big differences in terms of taste and texture. Below, we've outlined each type of burger, along with its desired internal temperature and required cooking time.

Blue Rare Burger Temp

A **blue rare** burger's internal temperature should be between 115 and 120 degrees Fahrenheit. Blue rare hamburgers usually reach desired internal temperatures in under four minutes total of cooking time. A blue rare burger will be seared on top with a completely red center, resulting in a soft and tender interior.

- **Blue Rare Burger Temperature:** 115-120 degrees Fahrenheit
- **Blue Rare Burger Cook Time:** Under 4 minutes
- **Blue Rare Burger Appearance:** Completely red center
- **Blue Rare Burger Texture:** Soft and tender

Rare Burger Temp

The internal temperature of a rare burger reaches between 120 and 125 degrees Fahrenheit when fully cooked. Typically this is accomplished in around four minutes of total cooking time. Rare burgers are known for their mostly red center, giving the meat a soft and juicy texture.

- **Rare Burger Temperature:** 120-125 degrees Fahrenheit
- **Rare Burger Cook Time:** 4 minutes
- **Rare Burger Appearance:** Mostly red center
- **Rare Burger Texture:** Soft and juicy

Medium Rare Burger Temp

A medium-rare burger's internal temperature typically reaches between 130 and 135 degrees Fahrenheit before being cooked. These burgers are usually cooked for around five minutes in total before reaching the desired internal temperature. Medium-rare burgers have a slightly red center much like rare burgers but are more seared and have a firmer texture.

- **Medium Rare Burger Temperature:** 130-135 degrees Fahrenheit
- **Medium Rare Burger Cook Time:** 5 minutes
- **Medium Rare Burger Appearance:** Slightly red center
- **Medium Rare Burger Texture:** Slightly firm

Medium Burger Temp

To cook a medium burger, the meat's internal temperature should reach between 140 and 145 degrees Fahrenheit. This is usually accomplished in around six to seven minutes of total cooking time. This type of burger is known for its light-pink center and slightly firmer interior texture.

- **Medium Burger Temperature:** 140-145 degrees Fahrenheit
- **Medium Burger Cook Time:** 6-7 minutes
- **Medium Burger Appearance:** Light-pink center
- **Medium Burger Texture:** Firm and springy

Medium Well Burger Temp

Preparation of medium-well burgers involves cooking the meat to an internal temperature between 150 and 155 degrees Fahrenheit. Cooking a medium-well burger usually involves seven to eight minutes of total cooking time. Medium-well burgers are known to be similar to medium burgers, but they have a firmer texture and less red and pink in the center.

- **Medium Well Burger Temperature:** 150-155 degrees Fahrenheit
- **Medium Well Cook Time:** 7-8 minutes
- **Medium Well Appearance:** Slightly pink in center
- **Medium Well Texture:** Mostly firm

Well Done Burger Temp

Well-done burgers are the type of burger cooked to the highest temperature, reaching internal temperatures over 160 degrees Fahrenheit. This type of burger needs to be cooked the longest, usually taking around eight to nine minutes to fully cook. Well-done burgers are known for their completely browned center and very firm texture.

- **Well Done Burger Temperature:** Over 160 degrees Fahrenheit
- **Well Done Burger Time:** 8-9 minutes
- **Well Done Burger Appearance:** Completely browned center
- **Well Done Burger Texture:** Very firm

What Temperature to Cook Burgers?

Burgers should be cooked at medium-high to high heat, meaning somewhere between 350 and 400 degrees Fahrenheit.

- **Blue Rare** - Under 4 minutes (115-120 degrees Fahrenheit)
- **Rare** - 4 minutes (120-125 degrees Fahrenheit)
- **Medium-Rare** - 5 minutes (130-135 degrees Fahrenheit)
- **Medium** - 6 to 7 minutes (140-145 degrees Fahrenheit)
- **Medium-Well** - 7 to 8 minutes (150-155 degrees Fahrenheit)
- **Well-Done** - 8 to 9 minutes (Over 160 degrees Fahrenheit)

BURGER *Temperature* CHART



EXTRA RARE

Internal Temp 115-120°F

- ✓ Seared outside
- ✓ Completely red interior
- ✓ Cold and soft center



RARE

Internal Temp 125-130°F

- ✓ Seared outside
- ✓ 75% red interior
- ✓ Slightly cool center



MEDIUM RARE

Internal Temp 130-140°F

- ✓ Seared outside
- ✓ 50% red interior
- ✓ Slightly firm



MEDIUM

Internal Temp 140-150°F

- ✓ Seared outside
- ✓ Pink center with slight red
- ✓ Firm and springy



MEDIUM-WELL

Internal Temp 150-155°F

- ✓ Seared outside
- ✓ Slightest bit of pink in center
- ✓ Mostly cooked throughout



WELL-DONE

Internal Temp 160°F +

- ✓ Seared outside
- ✓ Fully brown center
- ✓ Firm and cooked throughout