

# BEEF STEAK COLOR GUIDE

Degrees of Doneness



**VERY RARE**  
Approximatley 130°F, 55°C



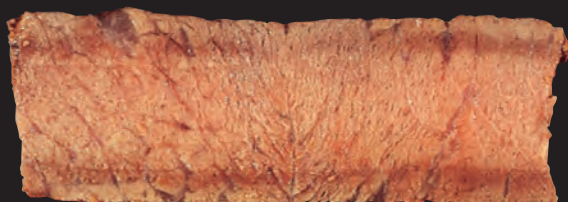
**RARE**  
Approximatley 140°F, 60°C



**MEDIUM RARE**  
Approximatley 145°F, 63°C



**MEDIUM**  
Approximatley 160°F, 71°C



**WELL DONE**  
Approximatley 170°F, 77°C



**VERY WELL DONE**  
Approximatley 180°F, 82°C



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