

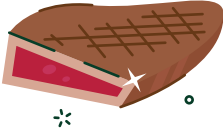

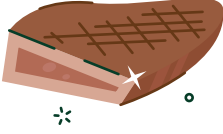

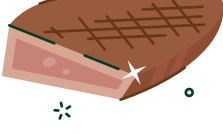

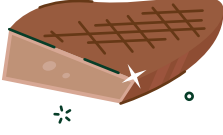



Steak cooking level

Doneness	Temperature	Best for
Rare 	 120-129°F	Lean cuts <i>Filet mignon, Flat iron, Flank steak, Tenderloin</i>
Medium-rare 	 130-139°F	Marbled cuts <i>Ribeye, New York Strip, Porterhouse, T-bone</i>
Medium 	 140-149°F	Marbled cuts <i>Leaner cuts with preference for more doneness</i>
Medium-well 	 150-159°F	Marbled cuts
Well done 	 160+°F	Marble cuts with lower tenderness <i>Ribeye, New York Strip</i> Less tender cuts <i>Flank, Skirt steak</i> Ground beef