

## Meat Doneness

Is it done yet? Well that depends on how you like your steak. The following steak color guide shows you what different degrees of doneness look like. It is recommended that internal temperature reach 160° F or greater to avoid food borne illness.

### **BEEF STEAK COLOR GUIDE** Degrees of Doneness



**VERY RARE**  
Approx. 130F, 55C



**RARE**  
Approx. 140F, 63C



**MEDIUM RARE**  
Approx. 145F, 63C



**MEDIUM**  
Approx. 160F, 71C



**WELL DONE**  
Approx. 170F, 77C



**VERY WELL DONE**  
Approx. 180F, 82C

From: [http://www.txbeef.org/cooking\\_it\\_right.php3#meat\\_doneness](http://www.txbeef.org/cooking_it_right.php3#meat_doneness)

Chicken pictures from:

<http://www.schoolscience.co.uk/content/4/biology/sgm/sgmfoods2.html>

Raw Chicken



Cooked Chicken

