

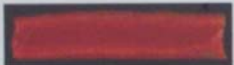






# Jr. Chef Level 1, Lesson 7

## Meat Doneness Poster

**Meat Doneness**

Is it done yet? Well that depends on how you like your steak. The following steak color guide shows you what internal temperature to reach for your preferred level of doneness

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

|  |  |  |
|--|--|--|
| <br><b>VERY RARE</b><br>Approx. 130F, 55C   | <br><b>RARE</b><br>Approx. 140F, 63C            | <br><b>Raw Chicken</b> |
| <br><b>MEDIUM RARE</b><br>Approx. 145F, 63C | <br><b>MEDIUM</b><br>Approx. 160F, 71C          |  |
| <br><b>WELL DONE</b><br>Approx. 170F, 77C  | <br><b>VERY WELL DONE</b><br>Approx. 180F, 82C |  |

## Gradient Poster- Meat & Beans

