

\_\_\_\_\_

| Doneness    | Pull °F | Final °F | Pull °C | Final °C |
|-------------|---------|----------|---------|----------|
| Rare        | 120–125 | 125–130  | 49–52   | 52–54    |
| Medium-rare | 128–132 | 130–135  | 53–56   | 54–57    |
| Medium      | 135–140 | 140–145  | 57–60   | 60–63    |
| Medium-well | 145–150 | 150–155  | 63–66   | 66–68    |
| Well done   | 155+    | 160+     | 68+     | 71+      |

USDA minimum for whole beef cuts: 145 °F (63 °C) with a 3-minute rest.

## Notes