

Beef, Lamb, Veal, Game



Thickness
(In/cm)

Temp (F/C)

Time
(hr)

Notes

Rare

Med. Rare

Med.

Well

Min.

Max

*Add 30-45 minutes/inch of thickness for steaks/chops
Add 30-60 minutes to total time if from frozen*

Tender Cuts

Beef Steak
(Filet, rib eye, strip, etc) Chops, Cutlets

1/2.5

129/54

133/56

140/60

154/68

1

4

Do not cook below 131F for > 2 hrs

Roasts:
Standing Rib, Prime Rib

3+/7.5+

133/56

140/60

150/66

158/70

5
(chewy)

14
(flaky)

Lamb
(leg of, loin)

2.5/7

131/54

135/57

138/59

144/62

10

24-48

Tough Cuts (use for grass-fed beef, bison, and game)

Short Ribs

n/a

133/56

140/60

150/66

158/70

24
(firm)

72
(tender)

Do the long cook!

Brisket, Flank, Flatiron, Hanger

1+/2.5+

131/55

149/65

63/145

158/70

24

72

Round Steak, Sirloin, Game Steaks

1/2.5

129/54

133/56

140/60

154/68

1

6

Too lean for super long cook

Chuck

2+/5+

133/56

136/58

144/62

162/72

18

48