

**For a 1-inch Thick
Steak*:**

Sear Time (Approx.)

Internal Temp (F)

Center Color

**Add approx. 1 minute for each additional 1/4-inch of thickness.*

Rare

2.5-3 min/side;
remove at 115-120F.

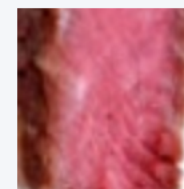
120-130F
(center: cool)



Medium Rare

3-3.5 min/side;
remove at 125F.

130-135F
(center: room temp)



Medium

4-4.5 min/side;
remove at 130F.

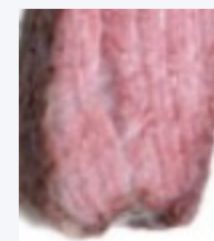
135-145F
(center: lukewarm)



Medium Well

4.5-5 min/side;
remove at 135-140F.

145-155F
(center: warm)



Well Done

5 min/side;
remove at 145-150F.

155F +
(center: 155F+)

