

BEEF - STEAK AND TENDER CUTS

Blade Steak

Medium Rare 131°F for 4 to 10 Hours (55.0°C)

Medium 140°F for 4 to 10 Hours (60.0°C)

Bottom Round Steak

Medium Rare 131°F for 1 to 3 Days (55.0°C)

Medium 140°F for 1 to 3 Days (60.0°C)

Chuck Steak

Medium Rare 131°F for 36 to 60 Hours (55.0°C)

Medium 140°F for 36 to 60 Hours (60.0°C)

Eye Round Steak

Medium Rare 131°F for 1 to 2 Days (55.0°C)

Medium 140°F for 1 to 2 Days (60.0°C)

Flank Steak

Medium Rare 131°F for 2 to 12 Hours (55.0°C)

Medium Rare 131°F for 1 to 2 Days (55.0°C)

and Tender

Medium 140°F for 2 to 12 Hours (60.0°C)

Medium and Tender

140°F for 1 to 2 Days (60.0°C)

Flat Iron Steak

Medium Rare 131°F for 4 to 24 Hours (55.0°C)

Medium 140°F for 4 to 24 Hours (60.0°C)

Hamburger

Medium Rare 131°F for 2 to 4 Hours (55.0°C)

Medium 140°F for 2 to 4 Hours (60.0°C)

Hanger Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 2 to 3 Hours (60.0°C)

Porterhouse Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 2 to 3 Hours (60.0°C)

Rib Steak

Medium Rare 131°F for 2 to 8 Hours (55.0°C)

Medium 140°F for 2 to 8 Hours (60.0°C)

Ribeye Steak

Medium Rare 131°F for 2 to 6 Hours (55.0°C)

Medium 140°F for 2 to 6 Hours (60.0°C)

Sausage

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 90 to 120 Min (60°C)

Shoulder Steak

Medium Rare 131°F for 4 to 10 Hours (55.0°C)

Medium 140°F for 4 to 10 Hours (60.0°C)

Sirloin Steak

Medium Rare 131°F for 2 to 10 Hours (55.0°C)

Medium 140°F for 2 to 10 Hours (60.0°C)

Skirt Steak

Medium Rare 135°F for 1 to 3 Hours (57.2°C)

Medium Rare 131°F for 12 to 24 Hours (55.0°C)

and Tender

Medium 140°F for 1 to 3 Hours (60.0°C)

T-Bone Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 2 to 3 Hours (60.0°C)

Tenderloin Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 2 to 3 Hours (60.0°C)

Top Loin Strip Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)

Medium 140°F for 2 to 3 Hours (60.0°C)

Top Round Steak

Medium Rare 131°F for 1 to 2 Days (55.0°C)

Medium 140°F for 1 to 2 Days (60.0°C)

Tri-Tip Steak

Medium Rare 131°F for 2 to 24 Hours (55.0°C)

Medium 140°F for 2 to 24 Hours (60.0°C)