

BEEF - ROASTS AND TENDER CUTS

Bottom Round Roast

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Brisket

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Cheek

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	149°F for 2 to 3 Days (65.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Chuck Roast

Medium Rare	131°F for 36 to 60 Hours (55.0°C)
Flaky and Tender	161°F for 1 to 2 Days (71.6°C)
Well-Traditional	176°F for 12 to 24 Hours (80°C)

Pot Roast

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Prime Rib Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)

Rib Eye Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)

Ribs

Medium Rare	131°F for 48 to 60 Hours (55.0°C)
Flaky and Tender	141°F for 2 to 3 Days (60.5°C)
Well-Traditional	156°F for 1 to 2 Days (68.8°C)

Shank

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Short Ribs

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Flaky and Tender	150°F for 18 to 36 Hours (65.5°C)
Well-Traditional	175°F for 12 to 24 Hours (79.4°C)

Sirloin Roast

Medium Rare	131°F for 5 to 10 Hours (55.0°C)
Medium	140°F for 5 to 10 Hours (60.0°C)

Stew Meat

Medium Rare	131°F for 4 to 8 Hours (55.0°C)
Medium	140°F for 4 to 8 Hours (60.0°C)

Sweetbreads

Medium	140°F for 30 to 45 Min (60°C)
Pre-Roasting	152°F for 60 Min (66.7°C)

Tenderloin Roast

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Medium	140°F for 3 to 6 Hours (60.0°C)

Tongue

Low and Slow	140°F for 48 Hours (60.0°C)
High and Fast	158°F for 24 Hours (70.0°C)

Top Loin Strip Roast

Medium Rare	131°F for 4 to 8 Hours (55.0°C)
Medium	140°F for 4 to 8 Hours (60.0°C)

Top Round

Roast

Medium Rare	131°F for 1 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

Tri-Tip Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)