

Degree of Doneness	Internal Core Temperature	Internal Description
Extra-rare or Blue (bleu)	80 to 100 degrees F 26 to 38 degrees C	Deep red color and barely warm, feels soft and squishy
Rare	120 to 125 degrees F 49 to 51 degrees C	For rare meat, cook until it registers 110 to 115 degrees on an instant-read thermometer. Center is bright red, pinkish toward the exterior portion, and warm throughout, soft to touch
Medium Rare	130 to 135 degrees F 55 to 57 degrees C	For medium-rare meat, cook until it registers 115 to 120 degrees on an instant-read thermometer. Center is very pink, slightly brown toward the exterior portion, and slightly hot, yields only slightly to the touch, beginning to firm up
Medium	140 to 145 degrees F 60 to 63 degrees C	For medium meat, cook until it registers 125 to 130 degrees on an instant-read thermometer. Center is light pink, outer portion is brown, and hot throughout, yields only slightly to the touch, beginning to firm up
Medium Well	150 to 155 degrees F 65 to 69 degrees C	For medium-well meat, cook until it registers 135 to 140 degrees on an instant-read thermometer. Mostly gray brown throughout with a hint of pink in the center, firm to touch
Well Done	160 degrees F and above 71 degrees C	Steak is uniformly brown or grey throughout, firm or hard to touch
Brisket	165 to 175 degrees F 74 to 79 degrees C	If the meat pulls apart easily, the brisket is ready to serve.
Pot Roast	180 degrees F 82 degrees C	If the meat pulls apart easily, the pot roast is ready to serve. Also called fork tender.
Ground Meat Patties - Meatloaf - Meatballs	160 to 165 degrees F 71 to 74 degrees C	For well-done meat, cook until it registers 145 to 150 degrees on an instant-read thermometer. For hamburger patties, insert the digital food thermometer through the side of the patty, all the way to the middle.