



STEAK COOKING GUIDE

TEMPERATURE

DONENESS

115°- 120°

BLUE/ VERY RARE

- Seared outside
- Completely red interior
- Seared less than 2 minutes on each side



125°- 130°

RARE

- Seared outside
- 75% red, slightly cool interior
- Seared 2½ minutes on each side



130°- 140°

MEDIUM-RARE

- Seared outside
- 50% red, slightly firm interior
- Seared 3-4 minutes on each side



140°- 150°

MEDIUM

- Seared outside
- Pinkish-red interior
- Seared 4 minutes on each side



150°- 155°

MEDIUM-WELL

- Seared outside
- Faint pink interior
- Seared 5 minutes on each side



160°+

WELL-DONE

- Seared outside
- Firm, fully brown interior
- Seared 6 minutes on each side



* ALL TEMPERATURES IN FAHRENHEIT

Cooking Times For Steaks

Rosina Ehmann



Cooking Times For Steaks:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Cooking Times For Steaks**

In a global inundated with monitors and the cacophony of instant connection, the profound power and emotional resonance of verbal art usually disappear into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the lyrical pages of **Cooking Times For Steaks**, a charming perform of literary brilliance that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Written by a virtuoso wordsmith, this magical opus guides readers on a mental odyssey, gently revealing the latent potential and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is central styles, dissect its fascinating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://yousky7.com/data/publication/HomePages/complete%20guide%20to%20new%20financial%20freedom%20step%20by%20step.pdf>

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