

CHEF

*Jean Pierre's*<sup>™</sup>

# Steak Temperature Guide

## Rare



125°F to 130°F  
51.7°C to 54.4°C

## Medium Well



150°F to 160°F  
65.6°C to 71.1°C

## Medium Rare



130°F to 135°F  
54.4°C to 57.2°C

## Well



Over 160°F  
Over 71.1°C

## Medium



140°F to 145°F  
60°C to 62.8°C

These are the temperatures I used in my restaurant for over 20 years. Steakhouses like Ruth's Chris, Morton's, and others also use these widely accepted standards, although they may tweak them slightly based on their clientele or specific culinary approach.