

Is it done? A roast beef cooking guide

Serving Preference	Internal temperature after resting	Internal temperature to remove from oven*	Appearance of the sliced meat	Texture of the sliced meat
Very rare	125°F	115°F	Bright red to the outer edge and nearly raw in the center	Yielding to the touch and barely warm in the center
Rare	130°F	120°F	Cherry red to the outer edge with flowing bright red meat juices	Yielding to the touch and warm at the center
Medium-rare	135°F	125°F	Red to rose in the center with beads of red meat juices on the browned surface	Springy to the touch and warm in the center
Medium	140°F	130°F	Pink in the center fading to brown toward the surface with pink meat juices	Taut but resilient to the touch and very warm in the center
Medium-well	145°F	140°F**	Traces of pale pink at the very center with browned meat juices	Firm to the touch and hot in the center
Well	155°F and above	140°F**	No trace of pink in the center with browned meat juices	Very firm to the touch and hot in the center

*This assumes a temperature rise of 8°F to 12°F during a 20 to 30 minute resting period.

**Serve end cuts from a roast or reduce the heat below 300°F for medium-well and well to maintain juiciness.