

H·E·B

GUIDE TO

DONENESS

<i>USE A MEAT THERMOMETER</i>	<i>REMOVE AT THIS TEMPERATURE</i>	<i>FINAL COOK TEMPERATURE</i>
RARE	135°	140°
MEDIUM-RARE*	140°	145°
MEDIUM	150°	155°
WELL-DONE	165°	170°

*H-E-B recommends cooking beef to Medium-Rare and pork to Medium doneness. Check the internal degree of doneness of your steak with a quick response meat thermometer inserted horizontally 1½ to 2 inches into the center of the meat. Remove meat from the grill just below the final temperature for your desired degree of doneness. Allow steaks to “sit” 2 minutes before serving.

QUICK TIP!

Only flip your steak once to lock in juices.