

## Beef Temperature Chart

Term (French)	Description	Temperature range		USDA recommended
Extra-rare or Blue (bleu)	very red and cold	46-49 °C	115-120 °F	
Rare (saignant)	cold red center; soft	52-55 °C	125-130 °F	
Medium rare (à point)	warm red center; firmer	55-60 °C	130-140 °F	145 °F
Medium (demi-anglais)	pink and firm	60-65 °C	140-150 °F	160 °F
Medium well (cuit)	small amount of pink in the center	65-69 °C	150-155 °F	
Well done (bien cuit)	gray-brown throughout; firm	71-100 °C	160-212 °F	170 °F
Overcooked	blacken throughout; crispy	>100 °C	>212 °F	>220 °F



**EXTRA RARE**



**MEDIUM WELL**



**RARE**



**WELL DONE**



**MEDIUM RARE**



**OVER COOKED**