

# GRILL STATION

## DEGREE OF DONENESS CHART

Temperature	Timing	Internal Temp	Textural Indicator	Visual Indicators
Very Rare	1 minute on each side	115° - 120°	Very soft and pliable	Seared outside, red inside
Rare	2 minutes on each side	125° - 130°	Soft and pliable	Mostly red
Medium Rare	3 minutes on each side	130° - 140°	Slightly soft	Mostly pink, red center
Medium	4 minutes on each side	140° - 150°	Slightly tender	Pink throughout
Medium Well	5 minutes on each side	150° - 155°	Slightly firm	Mostly brown, pink center
Well Done	6 minutes on each side	160° - 180°	Firm	Brown throughout

### DEGREES OF STEAK DONENESS



**BLUE RARE**  
SEARED ON THE OUTSIDE, COMPLETELY RED THROUGHOUT



**MEDIUM**  
SEARED OUTSIDE, 25% PINK SHOWING INSIDE



**RARE**  
SEARED OUTSIDE AND STILL RED 75% THROUGH THE CENTRE



**MEDIUM WELL**  
A SLIGHT HINT OF PINK



**MEDIUM RARE**  
SEARED OUTSIDE WITH 50% RED CENTRE



**WELL DONE**  
BROILED UNTIL 100% BROWN

USE THESE KEY WORDS AND PHRASES TO ACCURATELY DESCRIBE STEAK DONENESS LEVELS TO YOUR GUEST