



SIZZLING SCIENCE

**THERE'S A REASON BEHIND
EVERYTHING IN THE KITCHEN.
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MORE ABOUT THE SIZZLING
SCIENCE OF FOOD!**

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DEGREES MATTER

When talking about steaks,
degree of doneness matters.

The USDA recommends steaks be cooked to an internal temperature of 145° and rested for 3 minutes after removing from heat.

Why does it matter?

- 145° with a 3 minute rest is the key internal temperature to verify any potential bacteria have been killed, which prevents food borne illness.*
- Color is not a true indicator of doneness and all meat should be checked with a meat thermometer.*
- 145° is the ideal degree of doneness to help create a better eating experience no matter the quality of the steak. Even lower marbled steaks can create a positive eating experience at this temperature.*
- Adhering to these temperature guidelines will result in an improved eating experience for enhanced tenderness, flavor, juiciness, and safety.*
- Just a tip: Ground beef and pork should always be cooked to an internal temperature of 160° and do not require a rest time after reaching temperature.*

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