

4 CHECK FOR DONENESS.

We've heard lots of methods for determining the doneness of steaks on a grill, most of which involve feel. This is a highly risky method since cuts differ; filets feel very different from strips, for instance. Instead, we recommend always using a meat thermometer to determine the exact moment the steaks are done. When you transfer the steaks to the cooler side of the grill, insert a meat thermometer and take a read on the internal temperature to see how much longer they have to go on the grill. Pull the steaks off the grill when the temperature in the thickest portion of the steak corresponds with the doneness chart below. We don't stress too much about letting the steaks rest when they come off the grill. By the time we get them plated and delivered to your table, they are ready to eat. Only prime rib needs to rest a full 30 minutes before being sliced and served.

Doneness Chart

	TEMPERATURE	DONENESS
A)	125°–130°	RARE
B)	130°–135°	MEDIUM RARE
C)	135°–140°	MEDIUM
D)	140°–150°	MEDIUM WELL
E)	155° +	WELL

FIGURE 6 (Above) This chart can be used in combination with Figure 7 at the right to cook your steak to the desired level of doneness. Be sure to measure the temperature at the thickest portion of the steak.

FIGURE 7 (Right) Cross sections of grilled New York strips showing A: Rare, B: Medium Rare, C: Medium, D: Medium Well, and E: A Crying Shame.

