

Steak Temp Guide

In order to receive maximum enjoyment from a great steak, it is important that it is cooked to the temperature that you prefer. Nineteen at Awbrey Glen wants you to enjoy a steak that comes out exactly as you envisioned it when you ordered. To do this, we ask you what temperature you would like it served at. Since not all restaurants maintain such exacting standards in their definitions of steak temperatures, we created this guide to let you know exactly how we serve our steaks when ordered at each temperature. This will help you get the perfect steak by letting us know exactly how you would like it cooked.

Rare (125°-130°F)

A steak cook "Rare" will become brown on the outside, but still remain very soft on the inside. The steak will be cool and red throughout.

Medium Rare (130°-140°F)

A steak cooked "Medium Rare" will begin firming up on the exterior, but will remain very soft and tender in the center. The steak will still be mostly pink with a warm red center.

Medium (140°-150°F)

A steak cooked "medium" will be pink throughout.. A small ring of grey may form on the outside and a strip of red will remain in the center. For steaks with more marbling, this will be the temperature where the fat begins to liquefy.

Medium Well (150°-155°F)

A steak cooked "medium well" will start becoming very firm. The steak will become primarily grey and only a sliver of pink will remain in the center. Cuts with higher levels of marbling will begin to shrink as the fat begins to liquefy.

Well 160°F-212°F

A well done steak will be grey throughout. It will be very firm and most of the juices will have cooked out of the steak. With most of the fat and water removed the steak will have lost a great deal of its size.