

HOW TO USE AN INSTANT-READ THERMOMETER

Using an instant-read thermometer is the most accurate way to determine the doneness of beef. Instant-read thermometers are readily available in supermarkets and cookware stores. They are available as dial face or digital, both of which register the temperature in seconds. These thermometers are not heatproof and cannot be left in the meat while it cooks on the grill.

To check the doneness of burgers:

1. Insert the stem of the instant-read thermometer horizontally into the center of the patty, without touching the grill.
2. Allow 10 to 15 seconds for the thermometer to register the internal temperature, which should be at least 160°F.

To check the doneness of steaks:

1. Insert the stem of the instant-read thermometer horizontally into the center of the steak without touching bone, fat or grill. Thermometers work best in steaks at least 3/4 inch thick.
2. Allow 10 to 15 seconds for the thermometer to register the internal temperature, which should be at least 145°F. **NOTE:** Remove thick steaks (1-1/2 inches or thicker) from the heat when thermometer registers 5°F below desired doneness. During the 10 minute standing time, temperature will rise 5°F to reach desired doneness.

Note: Color slide or digital image showing proper insertion of thermometer into grilled burger is available: (312) 201-9101 or beef@mpfood.com

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Producer-directed and consumer-focused, the NCBA is the trade association of America's cattle farmers and ranchers, and the marketing organization for the largest segment of the nation's food and fiber industry.