

Degree of Doneness

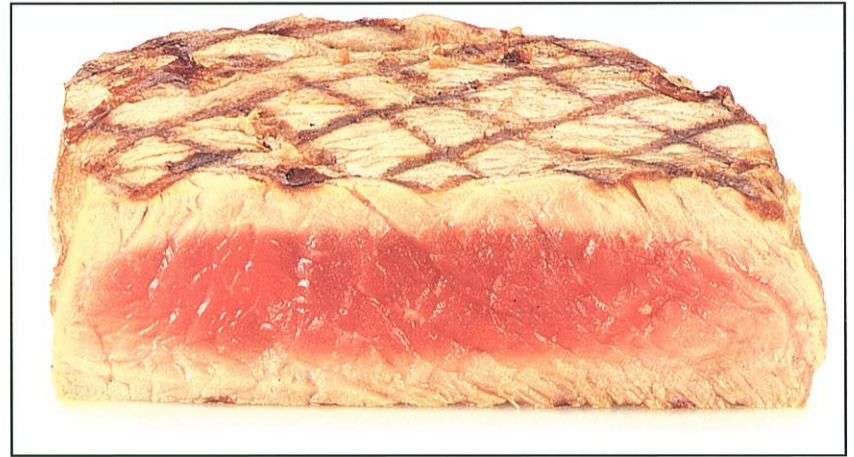
Beef Steaks



VERY RARE

Description: Internal deep red colour, very moist, warm juices.

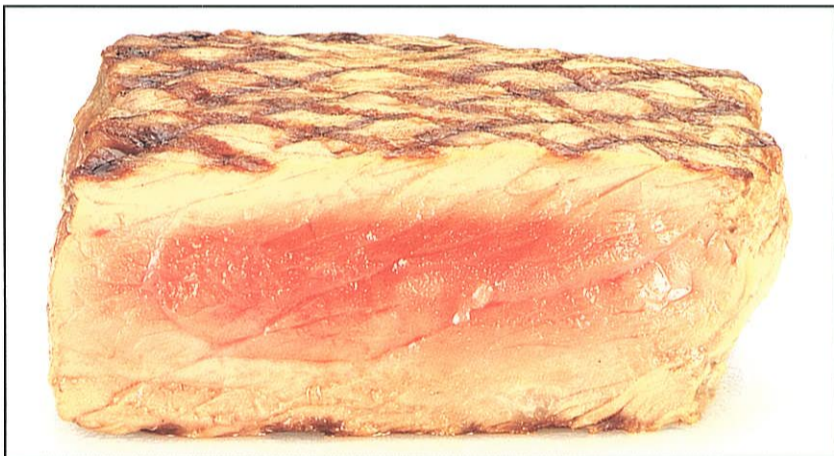
Touch test: Very soft to touch.



RARE

Description: Internal very red colour, very moist, warmer juices.

Touch test: Soft to touch.



MEDIUM RARE

Description: Internal lighter red colour, moist, pink warm juices.

Touch test: Soft and springy to touch.



MEDIUM

Description: Internal pink-red colour, moist, clear pink juices.

Touch test: Firm and springy to touch.



WELL DONE

Description: Internal light grey colour, a little moist, clear or no pink juices.

Touch test: Firm to touch.



VERY WELL DONE

Description: Internal stone grey colour, dry, clear or no sign of pink juices.

Touch test: Very firm to touch.

For more information please call the New Zealand Beef and Lamb Marketing Bureau on Freephone 0800 733 466.

