



TERRA FIRMA

DEGREE OF DONENESS



RARE

- Cooked briefly on each side
- Turned once
- Very soft to touch
- Warm red centre

48-52°C



MEDIUM RARE

- Moisture just visible on surface
- Turned once
- Soft, springy resistance
- Warm red-pink centre

52-57°C



MEDIUM

- Surface moisture pooling
- Turned once
- Springy but firm
- Warm pink centre

57-63°C



MEDIUM WELL

- Moisture pooling both sides
- Reduced heat to finish
- Firm to touch
- Slight pink centre

63-68°C



WELL DONE

- Fully cooked through
- Reduced heat to finish
- Very firm texture
- No pink

68-74°C

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