



## Measuring the Internal Temperature of Beef

It is important to measure the temperature of the beef to be sure that it is safely cooked to the desired doneness. If you like your meat cooked to medium doneness, the internal temperature should reach 160 degrees. If you like your beef cooked well-done, the internal temperature should be 170 degrees.

The thermometer should be placed in the thickest part of the meat near the end of the cooking time. Be sure that the thermometer is not touching any fat or bone because this could give an inaccurate temperature reading.

An instant-read thermometer is an excellent choice for measuring the internal temperature of meat. But remember, an instant-read thermometer cannot be left in the roast while it is cooking. If you have any questions, always follow the manufacturer's instructions for your thermometer.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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