

Cooking Steaks in the Oven

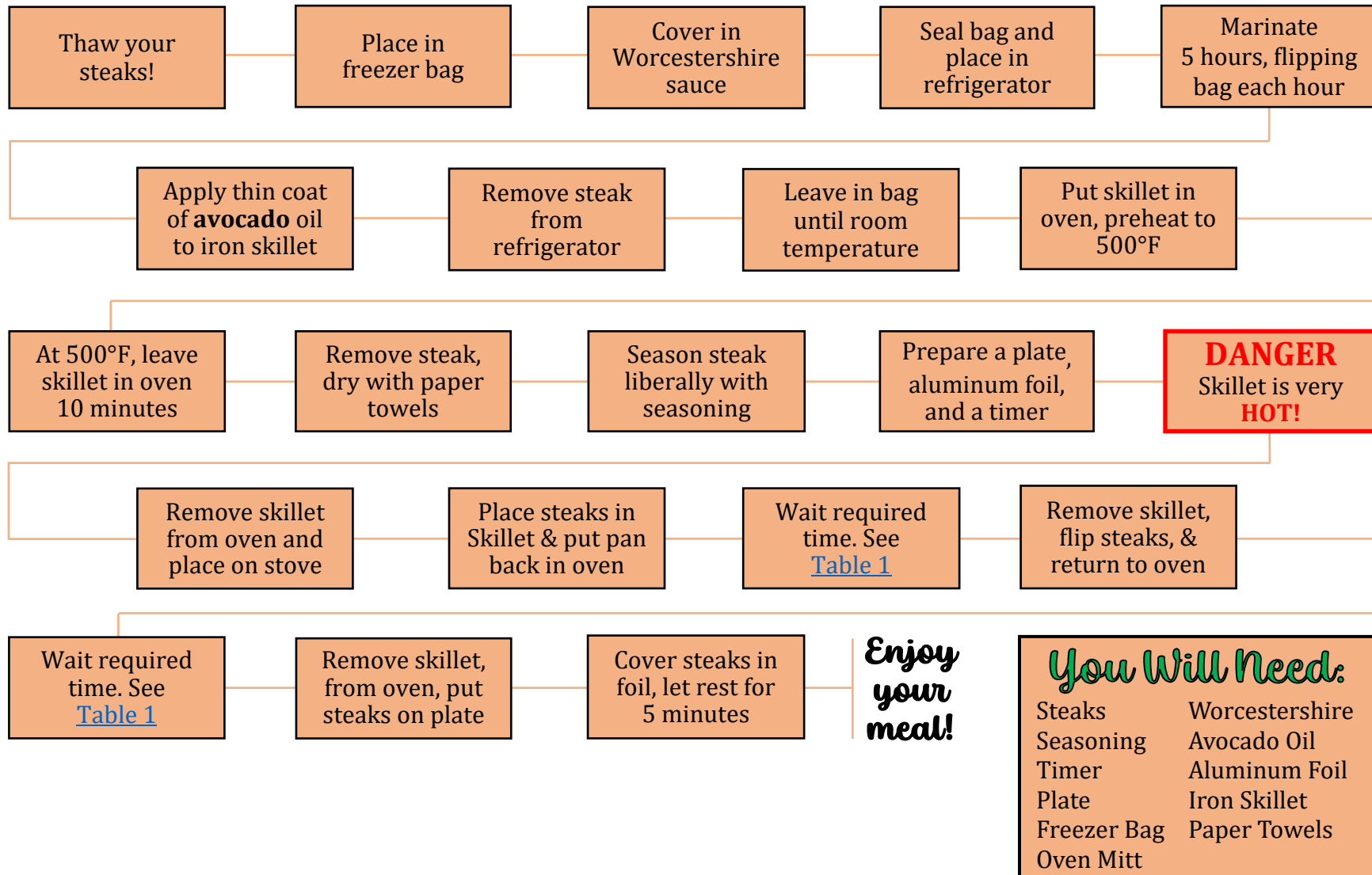


Figure 1 (above) lists steps for preparing steak in the oven. See [Table 1](#) (next page) for steak sizes and cooking times. See [Figure 2](#) to see levels of doneness.

Table 1 (below) was compiled using information from [Omaha Steaks](#). Times have been adjusted based on the increased temperature of the oven and the author's trial and error. Readers are encouraged to start with these times and adjust based on their own experiences. If readers choose to use the [searing method](#) prior to placing steaks in the oven, then cooking time in the oven will need to be reduced. Cook temperatures for doneness greater than medium are NOT listed. This was intentional. See [Figure 1](#) (previous page) for instructions on how to prepare and cook your steaks. See [Figure 2](#) (next page) for a photograph of how your steak should look if properly cooked.

Temperature	Thickness	Side "1" Cook Time in Minutes	Side "2" Cook Time in Minutes
RARE 120°-130° F	¾ Inch	2	2
	1 Inch	3	2
	1 ½ Inch	4	3
	2 Inch	4	4
MEDIUM RARE 130°-140° F	¾ Inch	3	2
	1 Inch	4	2
	1 ½ Inch	5	3
	2 Inch	6	4
MEDIUM 140°-150° F	¾ Inch	4	4
	1 Inch	5	4
	1 ½ Inch	6	4
	2 Inch	7	5

Table 1 (above) lists steak sizes and cooking times. See [Figure 1](#) (previous page) for instructions. See [Figure 2](#) (next page) to see what the different levels of doneness will look like.

Warning: The [USDA](#) states that all beef should be cooked to a minimum internal temperature of 145° F. The only sure way to verify the internal temperature of your steak is to use a meat thermometer. Readers who choose to cook their steaks to a temperature below 145° F do so at their own risk.



Figure 2 uses images from [Certified Angus Beef](#), courtesy of [Chicago Steak Company](#), to show what the inside of a steak will look like at different levels of doneness. See [Figure 1](#) and [Table 1](#) for instructions on how to make steaks ranging from rare to medium.

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