

New York Strip Steak & Ribeye Steak

Set temperature to 425°F and sear your steak on all sides and edges for 2 minutes each
Then reduce the temperature to 375°F and cook the steak for the recommended time on each side

THICKNESS <i>in inches</i>	RARE <i>minutes per side</i>	MEDIUM RARE <i>minutes per side</i>	MEDIUM <i>minutes per side</i>	MEDIUM WELL <i>minutes per side</i>	WELL <i>minutes per side</i>
¾"	10s	15s	35s	1m 15s	2m
⅞"	15s	45s	1m 15s	2m 15s	3m 30s
1"	45s	1m 15s	2m	3m 30s	5m 15s
1 ⅛"	1m 30s	2m	3m	5m	7m 15s
1 ¼"	2m 15s	3m	4m 15s	6m 45s	9m 45s
1 ⅜"	3m	4m	5m 45s	9m	12m 30s
1 ½"	4m 15s	5m 15s	7m 15s	11m 15s	15m 45s

Flat Iron Steak

Set temperature to 425°F and sear your steak on both sides for 2 minutes each

Then reduce the temperature to 375°F and cook the steak for the recommended time on each side

THICKNESS <i>in inches</i>	RARE <i>minutes per side</i>	MEDIUM RARE <i>minutes per side</i>	MEDIUM <i>minutes per side</i>	MEDIUM WELL <i>minutes per side</i>	WELL <i>minutes per side</i>
1/2"	5s	10s	45s	2m 30s	5m 45s
5/8"	30s	30s	1m 15s	3m 30s	7m
3/4"	1m	1m 15s	2m	4m 30s	8m 30s
7/8"	1m 30s	1m 45s	2m 45s	5m 30s	10m 15s
1"	2m 15s	2m 30s	3m 45s	7m	12m
1 1/8"	3m	3m 30s	4m 45s	8m 15s	14m
1 1/4"	4m	4m 30s	6m	10m	16m
1 3/8"	5m	5m 45s	7m 15s	11m 45s	18m 30s
1 1/2"	6m 15s	6m 45s	8m 45s	13m 30s	20m 45s

Filet Mignon

Set temperature to 425°F and sear your steak on all 3 edges for 1m 30s each

Then reduce the temperature to 375°F and cook the steak for the recommended time on each side

THICKNESS <i>in inches</i>	RARE <i>minutes per side</i>	MEDIUM RARE <i>minutes per side</i>	MEDIUM <i>minutes per side</i>	MEDIUM WELL <i>minutes per side</i>	WELL <i>minutes per side</i>
1"	1m 50s	2m 20s	3m	4m	5m
1 1/8"	2m 20s	3m	3m 40s	4m 40s	5m 40s
1 1/4"	2m 50s	3m 30s	4m 20s	5m 30s	6m 30s
1 3/8"	3m 20s	4m 10s	4m 50s	6m 10s	7m 20s
1 1/2"	3m 50s	4m 40s	5m 30s	6m 50s	8m 10s