

# Just Maika Cooking

Explore. Experiment. Taste.

## Steak Cuts and Average Thickness

Cut of Steak	Average Thickness
New York Strip	1 – 1.25 inches
Filet Mignon	1.5 – 2 inches
Ribeye	1.25 – 1.5 inches
Top Sirloin	1 inch
Flat Iron	0.75 – 1 inch
T-Bone / Porterhouse	1.25 – 2 inches
Flank Steak	0.75 – 1 inch

## Steak Doneness Levels, Internal Temperature & Cook Time

Level of Doneness	Internal Temp	Cook Time per Side*
Medium-Rare	130–135°F	4–5 min (1" thick)
Medium	140–145°F	5–6 min (1" thick)
Medium-Well	150–155°F	6–7 min (1" thick)
Well-Done	160°F+	8–9 min (1" thick)

*\*Times are based on steaks grilled over medium-high heat and may vary depending on thickness of your steak, heat source, and cooking method. Always use a meat thermometer for the most accurate results.*