

## THREE EASY STEPS TO GRILLING BEEF (GAS & CHARCOAL)

1. Prepare grill (gas or charcoal) according to manufacturer's directions for medium heat.
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
3. Grill according to chart, turning occasionally. After cooking, season with salt, if desired.

### Grilling Guidelines

Beef Cut	Thickness or Weight	CHARCOAL GRILLING (uncovered)*		GAS GRILLING (covered)	
		Approximate Total Cooking Time		Approximate Total Cooking Time	
		Medium Rare (145°F) to Medium (160°F)		Medium Rare (145°F) to Medium (160°F)	
<b>CHUCK</b>	Shoulder Top Blade Steak (Flat Iron)	8 ounces <i>each</i>	10 to 14 minutes ( <i>grill covered</i> )		12 to 16 minutes
	Shoulder Steak, <i>boneless</i>	3/4 inch	14 to 17 minutes		9 to 12 minutes
	( <i>marinate</i> )	1 inch	16 to 20 minutes		15 to 19 minutes
	Shoulder Center Steak (Ranch)	3/4 inch	9 to 11 minutes ( <i>grill covered</i> )		8 to 11 minutes
		1 inch	11 to 14 minutes ( <i>grill covered</i> )		12 to 16 minutes
	Shoulder Petite Tender Roast	8 to 12 ounces <i>each</i>	14 to 18 minutes ( <i>grill covered</i> )		14 to 19 minutes
<b>RIB</b>	Rib Steak, <i>small end</i>	3/4 inch	6 to 8 minutes		7 to 10 minutes
		1 inch	9 to 12 minutes		10 to 15 minutes
	Ribeye Steak	3/4 inch	6 to 8 minutes		7 to 9 minutes
		1 inch	11 to 14 minutes		9 to 14 minutes
<b>LOIN</b>	Porterhouse/T-Bone Steak	3/4 inch	10 to 12 minutes		9 to 13 minutes
		1 inch	14 to 16 minutes		15 to 19 minutes
	Top Loin (Strip) Steak, <i>boneless</i>	3/4 inch	10 to 12 minutes		7 to 10 minutes
		1 inch	15 to 18 minutes		11 to 15 minutes
	Tenderloin Steak	1 inch	13 to 15 minutes		11 to 15 minutes
		1-1/2 inches	14 to 16 minutes ( <i>grill covered</i> )		16 to 20 minutes
<b>SIRLOIN</b>	Top Sirloin Steak, <i>boneless</i>	3/4 inch	13 to 16 minutes		8 to 13 minutes
		1 inch	17 to 21 minutes		13 to 16 minutes
		1-1/2 inches	22 to 26 minutes ( <i>grill covered</i> )		24 to 30 minutes

*\*Unless otherwise specified*

Grilling Guidelines, Continued

*Courtesy National Cattlemen's Beef Association on behalf of The Beef Checkoff*

<b>ROUND</b>	Round Sirloin Tip Center Steak	3/4 inch	8 to 9 minutes ( <i>grill covered</i> )	8 to 11 minutes
		1 inch	11 to 13 minutes ( <i>grill covered</i> )	13 to 15 minutes
	Round Sirloin Tip Side Steak ( <i>marinate</i> )	3/4 inch	9 to 11 minutes ( <i>grill covered</i> )	7 to 9 minutes
		1 inch	12 to 14 minutes ( <i>grill covered</i> )	13 to 14 minutes
	Bottom Round Steak (Western Griller) ( <i>marinate</i> )	3/4 in	8 to 10 minutes ( <i>grill covered</i> )	11 to 14 minutes
		1 inch	12 to 15 minutes ( <i>grill covered</i> )	15 to 17 minutes
	Top Round Steak ( <i>marinate</i> )	3/4 inch	8 to 9 minutes	10 to 11 minutes
		1 inch	16 to 18 minutes	16 to 19 minutes
	Eye Round Steak ( <i>marinate</i> )	3/4 inch	15 to 19 minutes	10 to 12 minutes
		1 inch	19 to 23 minutes	17 to 19 minutes
<i>Recommend cooking round cuts to medium rare (145°F) doneness only.</i>				
<b>PLATE &amp; FLANK</b>	Skirt Steak ( <i>marinate</i> )	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13 minutes	8 to 12 minutes
	Flank Steak ( <i>marinate</i> )	1-1/2 to 2 pounds	17 to 21 minutes	16 to 21 minutes
<b>OTHER</b>	Ground Beef Patties**	1/2 inch (4 ounces <i>each</i> )	11 to 13 minutes	7 to 8 minutes
		3/4 inch (6 ounces <i>each</i> )	13 to 15 minutes	13 to 14 minutes
	Kabobs, <i>beef only</i>	1 x 1-1/4 inches (1 pound)	6 to 8 minutes ( <i>grill covered</i> )	7 to 9 minutes

*\*Unless otherwise specified.*

*For charcoal grilling, when coals are medium, ash-covered (approximately 30 minutes), spread in single layer and check cooking temperature. Position cooking grid. To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.*

*For gas grilling, guidelines were developed using Weber Genesis gas grills. Because gas grill brands vary greatly, grilling times may need to be adjusted. Consult owner's manual for specific grilling information.*

*Use an instant read thermometer, inserted horizontally into the center of steak or burger, to accurately determine doneness.*

*Trim visible fat from meat and poultry before grilling to help prevent flare-ups. If food is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness. Charring meat, poultry or fish is not recommended.*