

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	CHARACOAL GRILLING (uncovered)* Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	GAS GRILLING (covered) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)
CHUCK	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
RIB	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
LOIN	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
SIRLOIN	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

ROUND	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	3/4 inch	9 to 11 minutes <i>(grill covered)</i>	7 to 9 minutes
	<i>(marinate)</i>	1 inch	12 to 14 minutes <i>(grill covered)</i>	13 to 14 minutes
	Bottom Round Steak (Western	3/4 in	8 to 10 minutes <i>(grill covered)</i>	11 to 14 minutes
	Griller) <i>(marinate)</i>	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>				
PLATE & FLANK	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
OTHER	Ground Beef Patties**	1/2 inch	11 to 13 minutes	7 to 8 minutes
		(4 ounces each)		
		3/4 inch	13 to 15 minutes	13 to 14 minutes
		(6 ounces each)		
<i>**Cook to medium (160°F) doneness only.</i>				
	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 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.

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.

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

Charring meat, poultry or fish is not recommended.