



# 3 Easy Steps to Grilling with Beef



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**G**rilling, a form of dry heat cooking, is one of the most exciting and healthy ways to enjoy beef, whether you are cooking on a gas or charcoal grill. Here are some ways to maximize your grilling pleasure.

**Step 1:** Prepare gas or charcoal grill according to manufacturer's directions for medium heat.

**Step 2:** Remove beef from refrigerator and season with herbs or spices as desired. Place on cooking grid.

**Step 3:** Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired.

## Grilling Guidelines

Beef Cut	Weight/ Thickness	CHARCOAL GRILLING (uncovered unless noted)	GAS GRILLING (covered)
		Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F) (minutes)	Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F) (minutes)
<b>CHUCK</b>			
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	10 to 14 (grill covered)	12 to 16
Shoulder Steak, boneless (marinate)	3/4 inch 1 inch	14 to 17 16 to 20	9 to 12 15 to 19
Shoulder Center Steak (Ranch)	3/4 inch 1 inch	9 to 11 (grill covered) 11 to 14 (grill covered)	8 to 11 12 to 16
Shoulder Petite Tender Roast	8 to 12 ounces each	14 to 18 (grill covered)	14 to 19
<b>RIB</b>			
Rib Steak, small end	3/4 inch 1 inch	6 to 8 9 to 12	7 to 10 10 to 15
Ribeye Steak	3/4 inch 1 inch	6 to 8 11 to 14	7 to 9 9 to 14
<b>LOIN</b>			
Porterhouse/T-Bone Steak	3/4 inch 1 inch	10 to 12 14 to 16	9 to 13 15 to 19
Top Loin (Strip) Steak, boneless	3/4 inch 1 inch	10 to 12 15 to 18	7 to 10 11 to 15
Tenderloin Steak	1 inch 1-1/2 inches	13 to 15 14 to 16 (grill covered)	11 to 15 16 to 20
<b>SIRLOIN</b>			
Top Sirloin Steak, boneless	3/4 inch 1 inch 1-1/2 inches	13 to 16 17 to 21 22 to 26 (grill covered)	8 to 13 13 to 16 24 to 30
<b>ROUND</b>			
Recommend cooking round cuts to medium rare (145°F) doneness only.			
Round Sirloin Tip Center Steak	3/4 inch 1 inch	8 to 9 (grill covered) 11 to 13 (grill covered)	8 to 11 13 to 15
Round Sirloin Tip Side Steak (marinate)	3/4 inch 1 inch	9 to 11 (grill covered) 12 to 14 (grill covered)	7 to 9 13 to 14
Bottom Round Steak (Western Griller) (marinate)	3/4 inch 1 inch	8 to 10 (grill covered) 12 to 15 (grill covered)	11 to 14 15 to 17
Top Round Steak (marinate)	3/4 inch 1 inch	8 to 9 16 to 18	10 to 11 16 to 19
Eye Round Steak (marinate)	3/4 inch 1 inch	15 to 19 19 to 23	10 to 12 17 to 19
<b>PLATE &amp; FLANK</b>			
Skirt Steak (marinate)	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13	8 to 12
Flank Steak (marinate)	1-1/2 to 2 pounds	17 to 21	16 to 21
<b>OTHER</b>			
Ground Beef Patties	1/2 inch (4 ounces each)	11 to 13	7 to 8
Cook to 160°F.			
Kabobs, beef only	3/4 inch (6 ounces each) 1 x 1-1/4 inches (1 pound)	13 to 15 6 to 8 (grill covered)	13 to 14 7 to 9

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, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Note: Chart guidelines were developed using Weber Genesis gas grills.

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.

All cook times are based on beef removed directly from refrigerator.