

Broiling Guidelines

*Approximate
Total Cooking Time
Medium Rare (145°F)
to Medium (160°F)*

Beef Cut	Weight/ Thickness	Distance from Heat	
CHUCK		<i>(inches)</i>	<i>(minutes)</i>
Shoulder Top Blade steak (Flat Iron)	8-oz each	3 to 4	15 to 20
Shoulder steak, boneless (marinate)	3/4 inch 1 inch	2 to 3 3 to 4	10 to 13 16 to 21
RIB		<i>(inches)</i>	<i>(minutes)</i>
Rib steak, small end	3/4 inch 1 inch	2 to 3 3 to 4	9 to 12 13 to 17
Ribeye steak	3/4 inch 1 inch	2 to 3 3 to 4	8 to 10 14 to 18
LOIN		<i>(inches)</i>	<i>(minutes)</i>
Porterhouse/ T-Bone steak	3/4 inch 1 inch	2 to 3 3 to 4	10 to 13 15 to 20
Top Loin (Strip) steak, boneless	3/4 inch 1 inch	2 to 3 3 to 4	9 to 11 13 to 17
Tenderloin steak	1 inch 1-1/2 inches	2 to 3 3 to 4	13 to 16 18 to 22
SIRLOIN		<i>(inches)</i>	<i>(minutes)</i>
Top Sirloin steak, boneless	3/4 inch 1 inch 1-1/2 inches 2 inches	2 to 3 3 to 4 3 to 4 3 to 4	9 to 12 16 to 21 26 to 31 34 to 39 (Turn occasionally)
ROUND		<i>(inches)</i>	<i>(minutes)</i>
<i>Recommend cooking Round cuts to medium rare (145°F) doneness only.</i>			
Top Round steak (marinate)	3/4 inch 1 inch 1-1/2 inches	2 to 3 2 to 3 3 to 4	12 to 13 17 to 18 27 to 29
Bottom Round steak (Western Griller) (marinate)	1-1/4 inches	3 to 4	18 to 20
PLATE & FLANK		<i>(inches)</i>	<i>(minutes)</i>
Flank steak (marinate)	1-1/2 to 2 pounds	2 to 3	13 to 18
OTHER		<i>(inches)</i>	<i>(minutes)</i>
Ground Beef patties	1/2 inch	2 to 3	12 to 13
<i>Cook to medium (160°F) doneness.</i>	(4-oz each) 3/4 inch (6-oz each)	3 to 4	12 to 14
Kabobs, beef only	1 pound 1 x 1-1/4-inch cubes	3 to 4	7 to 11

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