

GRILLING GUIDELINES

CHARCOAL GRILLING GAS GRILLING

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



	Beef Cut	Weight/Thickness	CHARCOAL GRILLING	GAS GRILLING
CHUCK	Chuck Eye Steak, Boneless	¾ inch	9 to 11	9 to 12
		1 inch	12 to 14	13 to 17
	Top Blade Steak, Boneless	¾ inch	6 to 9	6 to 9
		1 inch	9 to 13	10 to 13
	Flat Iron Steak	8 oz each	10 to 14	12 to 16
	Shoulder Steak, Boneless (marinate)	¾ inch	8 to 12	9 to 12
		1 inch	12 to 17	15 to 19
	Ranch Steak	¾ inch	8 to 11	8 to 11
1 inch		11 to 14	12 to 16	
Petite Tender Roast	8 to 12-oz each *	14 to 18	14 to 19	
Denver Steak	1/2 inch	4 to 7	5 to 8	
	¾ inch	7 to 10	8 to 11	
	1 inch	10 to 14	12 to 17	
RIB	Ribeye Steak, Bone-In	¾ inch	7 to 9	7 to 9
		1 inch	9 to 11	9 to 12
		1-1/2 inches **	19 to 24	20 to 25
	Ribeye Steak, Boneless	¾ inch	7 to 10	7 to 9
1 inch		10 to 14	9 to 14	
1-1/2 inches **		16 to 20	15 to 19	
LOIN	Porterhouse/T-Bone Steak	¾ inch	8 to 11	9 to 13
		1 inch	11 to 16	15 to 19
		1-1/2 inches **	19 to 24	20 to 25
	Strip Steak, Boneless	¾ inch	7 to 10	7 to 10
		1 inch	11 to 14	11 to 15
	Tenderloin Steak	¾ inch	7 to 10	7 to 10
1 inch		10 to 14	11 to 15	
SIRLOIN	Top Sirloin Steak, Boneless	¾ inch	7 to 11	8 to 13
		1 inch	11 to 15	13 to 16
		1-1/2 inches *	22 to 26	24 to 30
Tri-Tip Steak	¾ inch	8 to 10	8 to 10	
	1 inch	10 to 14	10 to 14	
ROUND	Sirloin Tip Center Steak	¾ inch	8 to 9	8 to 11
		1 inch	11 to 13	13 to 15
	Sirloin Tip Side Steak (marinate)	¾ inch	8 to 11	8 to 11
		1 inch	12 to 14	13 to 14
	Bottom Round Steak (marinate)	¾ inch	8 to 10	11 to 14
		1 inch	12 to 15	15 to 17
	Top Round Steak (marinate)	1-1/4 inches	18 to 20	18 to 20
		¾ inch	10 to 11	10 to 11
Eye of Round Steak (marinate)	1 inch	12 to 14	16 to 19	
	1-1/2 inches	20 to 23	20 to 23	
	¾ inch	10 to 12	10 to 12	
FLANK	Skirt Steak (marinate)	1 inch	13 to 15	17 to 19
		1 to 1-1/2 pounds (4 to 6-inch portions)	7 to 12	8 to 12
Flank Steak (marinate)	1-1/2 to 2 pounds	11 to 16	16 to 21	
OTHER	Ground Beef Patties Cook to medium (160 °F) doneness.	1/2 inch (4-oz each)	8 to 10	7 to 9
		¾ inch (6-oz each)	11 to 15	13 to 14
	Kabobs, beef only	1 x 1-1/4 inches (1 pound)	5 to 7	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 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 is not recommended.

*Remove from grill when internal temperature(s) reaches 135°F for medium rare; 150°F for medium doneness. Let stand 5 minutes.

**Remove from grill when internal temperature(s) reaches 140°F for medium rare; 155°F for medium doneness. Let stand 5 minutes.