



## Broiling Guidelines

BROILING GUIDELINES			
Beef Cut	Thickness/Weight	Distance from Heat	Approx. Total Cooking Time (medium rare to medium doneness)
<b>Ribeye Steak</b>	3/4 inch	2 to 3 inches	8 to 10 minutes
	1 inch	3 to 4 inches	14 to 18 minutes
	1-1/2 inches	3 to 4 inches	21 to 27 minutes
<b>Rib Steak, small end</b>	3/4 inch	2 to 3 inches	9 to 12 minutes
	1 inch	3 to 4 inches	13 to 17 minutes
	1-1/2 inches	3 to 4 inches	24 to 31 minutes
<b>Porterhouse/T-Bone Steak</b>	3/4 inch	2 to 3 inches	10 to 13 minutes
	1 inch	3 to 4 inches	15 to 20 minutes
	1-1/2 inches	3 to 4 inches	27 to 32 minutes
<b>Top Loin Steak, boneless</b>	3/4 inch	2 to 3 inches	9 to 11 minutes
	1 inch	3 to 4 inches	13 to 17 minutes
	1-1/2 inches	3 to 4 inches	19 to 23 minutes
<b>Tenderloin Steak</b>	1 inch	2 to 3 inches	13 to 16 minutes
	1-1/2 inches	3 to 4 inches	18 to 22 minutes
<b>Top Sirloin Steak, boneless</b> <i>*Turn occasionally as needed during cooking.</i>	3/4 inch	2 to 3 inches	9 to 12 minutes
	1 inch	3 to 4 inches	16 to 21 minutes
	1-1/2 inches	3 to 4 inches	26 to 31 minutes
	2 inches	3 to 4 inches	34 to 39 minutes*
<b>Flank Steak (marinate)</b>	1-1/2 to 2 pounds	2 to 3 inches	13 to 18 minutes
<b>Top Round Steak (marinate)</b> <i>Recommend cooking to medium rare (145°F) doneness only.</i>	3/4 inch	2 to 3 inches	12 to 13 minutes
	1 inch	2 to 3 inches	17 to 18 minutes
	1-1/2 inches	3 to 4 inches	27 to 29 minutes
<b>Chuck Shoulder Steak, boneless (marinate)</b>	3/4 inch	2 to 3 inches	10 to 13 minutes
	1 inch	3 to 4 inches	16 to 21 minutes
<b>Ground Beef Patties</b> <i>USDA/FSIS recommends cooking ground beef to medium (160°F) doneness, until not pink in center.</i>	1/2 x 4 inches (4 oz)	3 to 4 inches	10 to 12 minutes
	3/4 x 4 inches (6 oz)	3 to 4 inches	12 to 14 minutes

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

# **BEEF**

IT'S WHAT'S FOR DINNER

## **Three Easy Steps to Broiling**

### **Step 1:**

Set oven regulator for broiling; preheat for 10 minutes. During broiling the door of electric oven should be left ajar; the door of gas oven should remain closed. (However, consult your owner's manual for specific broiling guidelines.)

### **Step 2:**

Place beef on rack in broiler pan. Season beef with herbs or spices, as desired. Position broiler pan so that surface of beef is the distance from heat specified in timetable.

### **Step 3:**

Broil according to timetable, turning once. After cooking, season with salt, if desired.