

BEEF

IT'S WHAT'S FOR DINNER

THREE EASY STEPS TO GRILLING

Step 1

Prepare charcoal grill for direct cooking. When coals are medium, ash-covered (in approx. 30 minutes), spread in single layer and check cooking 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; approx. 4 seconds equals medium heat.)

Charring meat, poultry or fish is not recommended. Grill over medium to medium-low coals. Never grill while the coals are still flaming; wait until the flames subside and the coals are covered with gray ash.

Step 2

Position cooking grid. Season steak(s) with herbs or spices, as desired. Place steak(s) on cooking grid directly over coals.

Step 3

Grill according to chart, turning occasionally. After cooking, season with salt, if desired.

(Because gas grill brands vary greatly, consult your owner's manual for grilling guidelines and use an instant read thermometer to determine doneness.)

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Charcoal Grilling Guidelines

Beef Cut	Thickness / Weight	Approx. Total Cooking Time (medium rare to medium doneness)
Ribeye Steak	3/4 inch 1 inch 1-1/2 inches	6 to 8 minutes 11 to 14 minutes 17 to 22 minutes (covered)
Rib Steak , small end	3/4 inch 1 inch 1-1/2 inches	6 to 8 minutes 9 to 12 minutes 22 to 27 minutes (covered)
Porterhouse/T-Bone Steak	3/4 inch 1 inch 1-1/2 inches	10 to 12 minutes 14 to 16 minutes 20 to 24 minutes (covered)
Shoulder Center Steak	3/4 inch 1 inch	9 to 11 minutes (covered) 11 to 14 minutes (covered)
Shoulder Tender Petite Roast	Varies	14 to 18 minutes (covered)
Shoulder Top Blade (Flat Iron) Steak		10 to 14 minutes (covered)
Top Loin Steak , boneless	3/4 inch 1 inch	10 to 12 minutes 15 to 18 minutes
Tenderloin Steak	1 inch 1-1/2 inches	13 to 15 minutes 14 to 16 minutes (covered)
Top Sirloin Steak , boneless	3/4 inch 1 inch 1-1/2 inches 2 inches	13 to 16 minutes 17 to 21 minutes 22 to 26 minutes (covered) 28 to 33 minutes (covered)
Tri-Tip Roast (Bottom sirloin) , well-trimmed. Remove roast when internal temperature reaches 140°F for medium rare and 145°F for medium.	1-3/4 to 2-1/2 pounds	25 to 35 minutes (covered)
Flank Steak (marinate)	1-1/2 to 2 pounds	17 to 21 minutes
Eye Round Steak (marinate) Recommend cooking to medium rare (145°F) doneness only.	3/4 inch 1 inch	15 to 20 minutes 19 to 23 minutes
Top Round Steak (marinate) Recommend cooking to medium rare (145°F) doneness only.	3/4 inch 1 inch 1-1/2 inches	8 to 9 minutes 16 to 18 minutes 25 to 28 minutes (covered)
Round (Sirloin) Tip Center Steak Recommend cooking to medium rare (145°F) doneness only.	3/4 inch 1 inch	8 to 9 minutes (covered) 11 to 13 minutes (covered)
Round (Sirloin) Tip Side Steak (marinate) Recommend cooking to medium rare (145°F) doneness only.	3/4 inch 1 inch	9 to 11 minutes (covered) 12 to 14 minutes (covered)
Chuck Eye Steak	1 inch	10 to 14 minutes
Chuck Shoulder Steak , boneless (marinate)	3/4 inch 1 inch	14 to 17 minutes 16 to 20 minutes
Chuck Top Blade Steak , boneless	1 inch	18 to 22 minutes
Ground Beef Patties USDA/FSIS recommends cooking ground beef to medium (160°F) doneness, until not pink in center. 1/2 x 4 inches (4 oz)	1/2 x 4 inches (4 oz) 3/4 x 4 inches (6 oz)	11 to 13 minutes 13 to 15 minutes

All cook times are based on beef removed directly from refrigerator.
All cook times are based on medium, ash-covered coals.
All cuts grilled uncovered, unless coverin