



## Stove-top Skillet Cooking Guidelines

STOVE-TOP SKILLET COOKING GUIDELINES		
Beef Cut	Thickness/Weight	Approx. Total Cooking Time Over Medium Heat (medium rare to medium doneness)
<b>Ribeye Steak</b>	3/4 inch 1 inch	8 to 10 minutes 12 to 15 minutes
<b>Porterhouse/T-Bone Steak</b>	3/4 inch 1 inch	11 to 13 minutes 14 to 17 minutes
<b>Shoulder Center Steak</b>	3/4 inch 1 inch	9 to 12 minutes 13 to 16 minutes
<b>Shoulder Tender Petite Roast Medallions</b>	1/2 inch to 3/4 inch	5 to 6 minutes
<b>Shoulder Top Blade (Flat Iron) Steak</b>		13 to 15 minutes
<b>Top Loin Steak, boneless</b>	3/4 inch 1 inch	10 to 12 minutes 12 to 15 minutes
<b>Tenderloin Steak</b> <i>*Use medium-high heat for 1/2-inch thick steak.</i>	1/2 inch 3/4 inch 1 inch	3-1/2 to 5-1/2 minutes* 7 to 9 minutes 10 to 13 minutes
<b>Top Sirloin Steak, boneless</b>	3/4 inch 1 inch	10 to 13 minutes 15 to 20 minutes
<b>Top Round Steak (marinate)</b> <i>Recommend cooking to medium rare (145°F) doneness only.</i>	3/4 inch 1 inch	11 to 12 minutes 15 to 16 minutes
<b>Round (Sirloin) Tip Center Steak</b> <i>Recommend cooking to medium rare (145°F) doneness only.</i>	3/4 inch 1 inch	11 to 13 minutes (covered) 14 to 15 minutes (covered)
<b>Round (Sirloin) Tip Side Steak (marinate)</b> <i>Recommend cooking to medium rare (145°F) doneness only.</i>	3/4 inch 1 inch	10 to 12 minutes (covered) 13 to 15 minutes (covered)
<b>Chuck Eye Steak, boneless</b>	3/4 inch 1 inch	9 to 11 minutes 12 to 15 minutes
<b>Chuck Top Blade Steak, boneless</b>	3/4 inch 1 inch	10 to 12 minutes 13 to 17 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) 3/4 x 4 inches (6 oz)	10 to 12 minutes 12 to 15 minutes

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

**BEEF**  
IT'S WHAT'S FOR DINNER

## Three Easy Steps to Stove Top Skillet Cooking

### Step 1:

Heat heavy nonstick skillet over medium heat for 5 minutes.

### Step 2:

Season beef with herbs or spices, as desired. Place in preheated skillet. Do not overcrowd. Do not add oil or water; do not cover.

### Step 3:

Cook according to timetable, turning once. (For cuts 1 inch thick or thicker, turn occasionally.) Remove excess drippings as they accumulate. After cooking, season with salt, if desired.