

Grilling Guidelines

Grilling Guidelines		CHARCOAL GRILLING (uncovered unless noted) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	GAS GRILLING (covered) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)
Beef Cut	Weight/ Thickness		
CHUCK		(minutes)	(minutes)
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	10 to 14 (grill covered)	12 to 16
Shoulder Steak, boneless (marinate)	3/4 inch	14 to 17	9 to 12
	1 inch	16 to 20	15 to 19
Shoulder Center Steak (Ranch)	3/4 inch	9 to 11 (grill covered)	8 to 11
	1 inch	11 to 14 (grill covered)	12 to 16
Shoulder Petite Tender Roast	8 to 12 ounces each	14 to 18 (grill covered)	14 to 19
RIB		(minutes)	(minutes)
Rib Steak, small end	3/4 inch	6 to 8	7 to 10
	1 inch	9 to 12	10 to 15
Ribeye Steak	3/4 inch	6 to 8	7 to 9
	1 inch	11 to 14	9 to 14
LOIN		(minutes)	(minutes)
Porterhouse/T-Bone Steak	3/4 inch	10 to 12	9 to 13
	1 inch	14 to 16	15 to 19
Top Loin (Strip) Steak, boneless	3/4 inch	10 to 12	7 to 10
	1 inch	15 to 18	11 to 15
Tenderloin Steak	1 inch	13 to 15	11 to 15
	1-1/2 inches	14 to 16 (grill covered)	16 to 20
SIRLOIN		(minutes)	(minutes)
Top Sirloin Steak, boneless	3/4 inch	13 to 16	8 to 13
	1 inch	17 to 21	13 to 16
	1-1/2 inches	22 to 26 (grill covered)	24 to 30
ROUND		(minutes)	(minutes)
Recommend cooking round cuts to medium rare (145 °F) doneness only.			
Round Sirloin Tip Center Steak	3/4 inch	8 to 9 (grill covered)	8 to 11
	1 inch	11 to 13 (grill covered)	13 to 15
Round Sirloin Tip Side Steak (marinate)	3/4 inch	9 to 11 (grill covered)	7 to 9
	1 inch	12 to 14 (grill covered)	13 to 14
Bottom Round Steak (Western Griller) (marinate)	3/4 inch	8 to 10 (grill covered)	11 to 14
	1 inch	12 to 15 (grill covered)	15 to 17
Top Round Steak (marinate)	3/4 inch	8 to 9	10 to 11
	1 inch	16 to 18	16 to 19
Eye Round Steak (marinate)	3/4 inch	15 to 19	10 to 12
	1 inch	19 to 23	17 to 19
PLATE & FLANK		(minutes)	(minutes)
Skirt Steak (marinate)	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13	8 to 12
Flank Steak (marinate)	1-1/2 to 2 pounds	17 to 21	16 to 21
OTHER		(minutes)	(minutes)
Ground Beef Patties	1/2 inch (4 ounces each)	11 to 13	7 to 8
Cook to 160 °F.	3/4 inch (6 ounces each)	13 to 15	13 to 14
Kabobs, beef only	1 x 1-1/4 inches (1 pound)	6 to 8 (grill covered)	7 to 9

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

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 from meat and poultry 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 meat, poultry or fish is not recommended.

