

GRILLING GUIDELINES

CHARCOAL GRILLING

GAS GRILLING

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



	Beef Cut	Weight/Thickness		
CHUCK	Chuck Eye Steak, Boneless	¾ inch 1 inch	9 to 11 12 to 14	9 to 12 13 to 17
	Top Blade Steak, Boneless	¾ inch 1 inch	6 to 9 9 to 13	6 to 9 10 to 13
	Flat Iron Steak	8 oz each	10 to 14	12 to 16
	Shoulder Steak, Boneless (marinate)	¾ inch 1 inch	8 to 12 12 to 17	9 to 12 15 to 19
	Ranch Steak	¾ inch 1 inch	8 to 11 11 to 14	8 to 11 12 to 16
	Petite Tender Roast	8 to 12-oz each *	14 to 18	14 to 19
	Denver Steak	1/2 inch ¾ inch 1 inch	4 to 7 7 to 10 10 to 14	5 to 8 8 to 11 12 to 17
RIB	Ribeye Steak, Bone-In	¾ inch 1 inch 1-1/2 inches **	7 to 9 9 to 11 19 to 24	7 to 9 9 to 12 20 to 25
	Ribeye Steak, Boneless	¾ inch 1 inch 1-1/2 inches **	7 to 10 10 to 14 16 to 20	7 to 9 9 to 14 15 to 19
LOIN	Porterhouse/T-Bone Steak	¾ inch 1 inch 1-1/2 inches **	8 to 11 11 to 16 19 to 24	9 to 13 15 to 19 20 to 25
	Strip Steak, Boneless	¾ inch 1 inch	7 to 10 11 to 14	7 to 10 11 to 15
	Tenderloin Steak	¾ inch 1 inch 1-1/2 inches **	7 to 10 10 to 14 14 to 18	7 to 10 11 to 15 16 to 20
SIRLOIN	Top Sirloin Steak, Boneless	¾ inch 1 inch 1-1/2 inches *	7 to 11 11 to 15 22 to 26	8 to 13 13 to 16 24 to 30
	Tri-Tip Steak	¾ inch 1 inch	8 to 10 10 to 14	8 to 10 10 to 14
ROUND	Sirloin Tip Center Steak	¾ inch 1 inch	8 to 9 11 to 13	8 to 11 13 to 15
	Sirloin Tip Side Steak (marinate)	¾ inch 1 inch	8 to 11 12 to 14	8 to 11 13 to 14
	Bottom Round Steak (marinate)	¾ inch 1 inch 1-1/4 inches	8 to 10 12 to 15 18 to 20	11 to 14 15 to 17 18 to 20
	Top Round Steak (marinate)	¾ inch 1 inch 1-1/2 inches	10 to 11 12 to 14 20 to 23	10 to 11 16 to 19 20 to 23
	Eye of Round Steak (marinate)	¾ inch 1 inch	10 to 12 13 to 15	10 to 12 17 to 19
PLATE & FLANK	Skirt Steak (marinate)	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) ¾ inch (6-oz each)	8 to 10 11 to 15	7 to 9 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.

Recommend cooking Round cuts to medium rare (145 °F) doneness only.