

# Beef for Grilling



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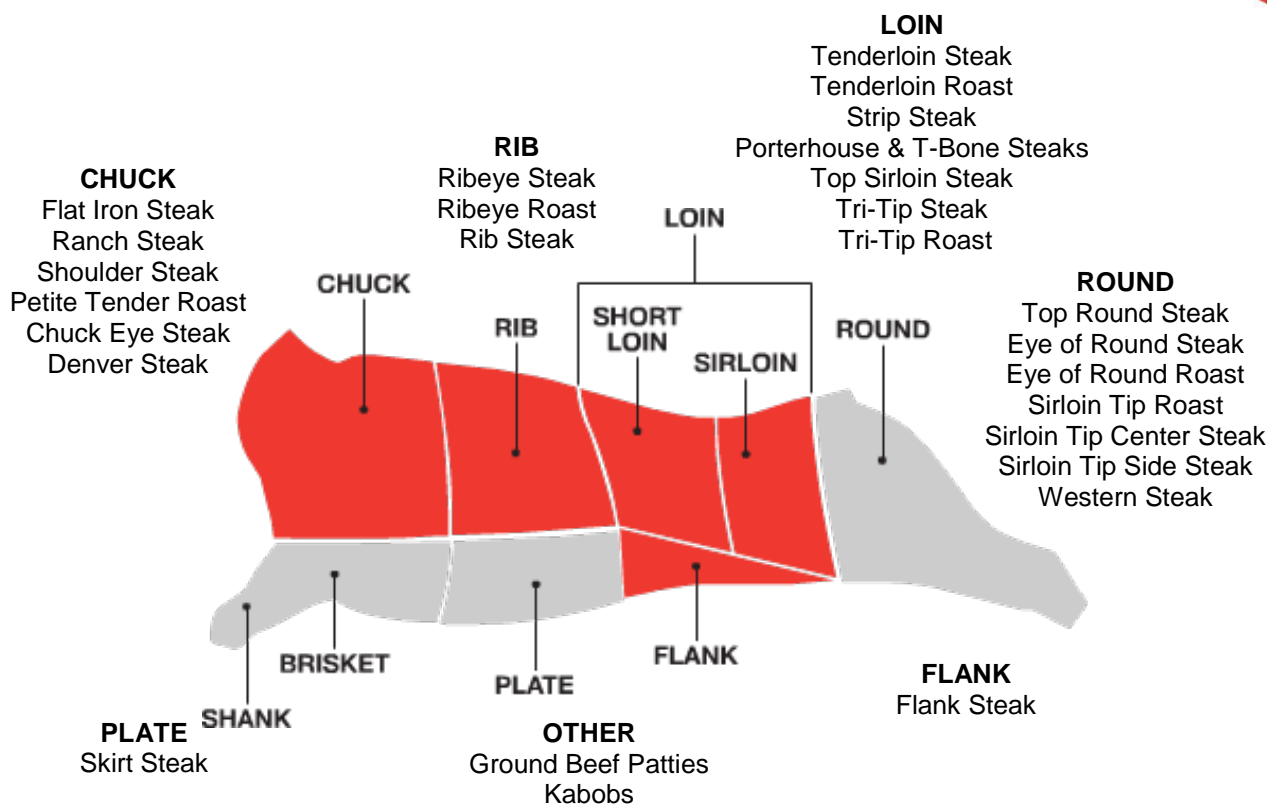
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Funded by  
the Beef Checkoff.

**Grilling**

## Where Beef Grilling Cuts Come From



## Marinades and Rubs

A marinade is a seasoned liquid mixture that adds flavor and in some cases tenderizes beef. Marinades are commonly used with thin cuts, such as steaks. Some useful tips about marinating are:

- A flavoring marinade is used with tender beef cuts for a short time — 15 minutes to 2 hours is enough to add flavor
- A tenderizing marinade is used with less tender beef cuts — usually from the Chuck, Round, Flank and Plate and contains a food acid or a tenderizing enzyme
  - Acidic ingredients include lemon or lime juice, vinegar, Italian dressing, salsa, yogurt or wine
  - Tenderizing enzymes are present in fresh ginger, pineapple, papaya, kiwi and figs
- Less tender steaks should be marinated at least 6 hours, but no more than 24 hours. Longer than 24 hours will result in a mushy texture
- Tenderizing marinades penetrate about 1/4 inch into the beef
- Marinate in a food-safe plastic bag or in a nonreactive glass or stainless steel container in the refrigerator
- Turn beef occasionally to allow even exposure to the marinade
- Allow 1/4 to 1/2 cup of marinade for each 1 to 2 pounds of beef
- Always marinate in the refrigerator, never at room temperature
- Never save and reuse a marinade





- If a marinade will be used later for basting, or served as a sauce, reserve a portion of it before adding the beef. Marinade that has been in contact with uncooked beef must be brought to a full rolling boil for at least one minute before it can be used as a sauce.

### **Rubs**

A rub is a mixture of seasonings pressed onto the surface of beef before cooking. Rubs are commonly used on roasts, steaks and ground beef patties. Some useful tips about rubs are:

- Dry rubs consist of herbs, spices and other dry seasonings
- Paste-type rubs are dry seasonings held together with small amounts of wet ingredients, such as oil, crushed garlic, mustard, soy sauce, Worcestershire sauce and horseradish
- Rubs add flavor and form a delicious crust
- Rubs can be applied just before cooking. For more pronounced flavor, apply rub and refrigerate for several hours

### **Grilling Tips**

#### **Determining Doneness**

Grill most steaks to medium rare (145°F) to medium (160°F) doneness for best results. [Grill steaks from the round to medium rare (145°F). Do not overcook.] Determine doneness with an instant-read thermometer or make a small slit near the bone (or center of boneless steak) and check the color. At medium rare, beef will be pink in the center and slightly brown toward the exterior.

#### **Grilling Safety Tips**

- Wash hands well in hot soapy water before and after handling meat and other fresh foods.
- Cook beef to its proper internal temperature:
  - Ground Beef 160°F
  - Steaks 145°F to 160°F
- Do not reuse plates or utensils that were used for raw meats without washing in hot soapy water first.
- Refrigerate leftovers promptly after serving (within 2 hours after cooking).

### **3 Simple Steps to **Direct** Grilling Beef Steaks & Burgers**

1. Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
3. Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired.





### 3 Simple Steps to **Direct** Grilling Beef Roasts

1. Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
2. Season beef (directly from refrigerator) with herbs or spices, as desired. Place on cooking grid.
3. Cover with grill lid and grill over medium heat for time indicated in chart or until thickest part of roast reaches internal temperature as specified, turning occasionally. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 10 minutes. (Temperature will continue to rise about 5°F to reach desired doneness and roast will be easier to carve.)

### **Favorites for the Grill**

#### Special Steakhouse Favorites

Tenderloin Steak  
Porterhouse/T-Bone Steaks  
Strip Steak  
Strip Filet  
Ribeye Steak  
Ribeye Filet  
Rib Steak  
Flat Iron Steak

#### Everyday Steak Favorites

Top Sirloin Steak  
Top Sirloin Filet  
Flank Steak  
Top Round Steak  
Eye of Round Steak  
Shoulder Steak  
Ranch Steak  
Petite Tender Medallions  
Chuck Eye Steak  
Denver Steak  
Sirloin Tip Center Steak  
Western Griller Steak  
Skirt Steak

#### Roast Favorites

Tenderloin Roast  
Eye of Round Roast  
Tri-Tip Roast  
Petite Tender Roast

#### Other Grill Favorites

Ground Beef Patties  
Kabobs  
Back Ribs  
Short Ribs





### **Beef Grades and Serving Size**

Choice is the most widely available beef grade, and these steaks grill up juicy and delicious. Because Select steaks have less marbling, they tend to be a bit less tender, juicy and flavorful.

Two (3-ounce) cooked, trimmed servings of beef equal the USDA's recommended daily serving for meats. Typically, one steak is equal to one serving. More generous-sized steaks can weigh 6 to 8 ounces uncooked so one of these steaks may be an entire recommended daily amount for meat. (Remember: 4 ounces boneless raw beef usually yields 3 ounces cooked, trimmed beef.)

### **Grilling Guidelines:**

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.

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.





### Beef Grilling Guidelines

Note: Chart guidelines were developed using Weber Genesis gas grills.

Beef Cut		Weight/ Thickness	Approximate Cooking Time for Medium Rare (145) to Medium (160)	
			Charcoal	Gas
CHUCK	Chuck Eye Steak, boneless	¾ inch	9 to 11 minutes	9 to 12 minutes
		1 inch	12 to 14 minutes	13 to 17 minutes
	Top Blade Steak, boneless	¾ inch	6 to 9 minutes	6 to 9 minutes
		1 inch	9 to 13 minutes	10 to 13 minutes
	Flat Iron Steak	8-oz each	10 to 14 minutes	12 to 16 minutes
	Shoulder Steak, boneless (marinate)	¾ inch	8 to 12 minutes	9 to 12 minutes
		1 inch	12 to 17 minutes	15 to 19 minutes
	Ranch Steak	¾ inch	8 to 11 minutes	8 to 11 minutes
		1 inch	11 to 14 minutes	12 to 16 minutes
	Petite Tender Roast	8 to 12-oz each *	14 to 18 minutes	14 to 19 minutes
Denver Steak	1/2 inch	4 to 7 minutes	5 to 8 minutes	
	¾ inch	7 to 10 minutes	8 to 11 minutes	
	1 inch	10 to 14 minutes	12 to 17 minutes	
RIB	Rib Steak, small end	¾ inch	7 to 10 minutes	7 to 10 minutes
		1 inch	10 to 15 minutes	10 to 15 minutes
		1-1/2 inches **	19 to 24 minutes	20 to 25 minutes
	Ribeye Steak	¾ inch	7 to 10 minutes	
		1 inch	10 to 14 minutes	9 to 14 minutes
		1-1/2 inches **	16 to 20 minutes	15 to 19 minutes
LOIN	Porterhouse/T-Bone Steak	¾ inch	8 to 11 minutes	9 to 13 minutes
		1 inch	11 to 16 minutes	15 to 19 minutes
		1-1/2 inches **	19 to 24 minutes	20 to 25 minutes



	Strip Steak, boneless	3/4 inch	7 to 10 minutes	7 to 10 minutes
		1 inch	11 to 14 minutes	11 to 15 minutes
	Tenderloin Steak	3/4 inch	7 to 10 minutes	7 to 10 minutes
		1 inch	10 to 14 minutes	11 to 15 minutes
		1-1/2 inches **	14 to 18 minutes	16 to 20 minutes
	SIRLOIN	Top Sirloin Steak, boneless	3/4 inch	7 to 11 minutes
1 inch			11 to 15 minutes	13 to 16 minutes
1-1/2 inches *			22 to 26 minutes	24 to 30 minutes
Tri-Tip Steak		3/4 inch	8 to 10 minutes	8 to 10 minutes
	1 inch	10 to 14 minutes	10 to 14 minutes	
ROUND	Sirloin Tip Center Steak	3/4 inch	8 to 9 minutes	8 to 11 minutes
		1 inch	11 to 13 minutes	13 to 15 minutes
	Sirloin Tip Side Steak (marinate)	3/4 inch	9 to 11 minutes	7 to 9 minutes
		1 inch	12 to 14 minutes	13 to 14 minutes
	Western Steak	3/4 inch	8 to 10 minutes	11 to 14 minutes
		1 inch (marinate)	12 to 15 minutes	15 to 17 minutes
		1-1/4 inches	18 to 20 minutes	18 to 20 minutes
	Top Round Steak (marinate)	3/4 inch	10 to 11 minutes	10 to 11 minutes
		1 inch	12 to 14 minutes	16 to 19 minutes
		1-1/2 inches	20 to 23 minutes	20 to 23 minutes
	Eye of Round Steak (marinate)	3/4 inch	10 to 12 minutes	10 to 12 minutes
		1 inch	13 to 15 minutes	17 to 19 minutes
PLATE & FLANK	Skirt Steak (marinate)	1 to 1-1/2 pounds	7 to 12 minutes	8 to 12 minutes
	Flank Steak (marinate)	1-1/2 to 2 pounds	11 to 16 minutes	16 to 21 minutes
OTHER	Ground Beef Patties-Cook to Medium Doneness (160 degrees F)	1/2 inch (4-oz each)	8 to 10 minutes	7 to 9 minutes
		3/4 inch (6-oz each)	11 to 15 minutes	13 to 14 minutes
	Kabobs, beef only	1 x 1-1/4 inches (1 pound)	5 to 7 minutes	7 to 9 minutes





**Resources:**

For more information on grilling beef, visit:

- Grilling cuts  
<http://www.BeefRetail.org/ImagesRecipes.aspx>  
<http://www.beefoodservice.com/cutsearch.aspx>
- Grilling recipes and images  
<http://www.BeefRetail.org/ImagesRecipes.aspx>  
[www.BeefItsWhatsForDinner.com/Recipes.aspx](http://www.BeefItsWhatsForDinner.com/Recipes.aspx)  
<http://www.BeefFoodservice.com/recipesearch.aspx>
- Retail sales data – Top Grilling Cuts  
[www.BeefRetail.org/SalesData.aspx](http://www.BeefRetail.org/SalesData.aspx)
- 3 Simple Steps for Grilling Beef  
<http://www.beefitswhatsfordinner.com/grilling.aspx>
- Consumer Information on Beef  
[www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)  
<http://www.epaperflip.com/aglaia/viewer.aspx?docid=a3a6b561fc3043ba8a0db27ef94bf8f5>

