

Beef Steak Grilling Guidelines

Beef Cut

Weight/
Thickness

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)

TENDER CUTS

(minutes)

(minutes)



Shoulder Top Blade Steak (Flat Iron)

8 ounces each

10 to 14
(grill covered)

12 to 16



Ribeye Steak

1 inch

11 to 14

9 to 14



Top Sirloin Steak, *boneless*

1 inch

17 to 21

13 to 16



Top Loin (Strip) Steak, *boneless*

1 inch

15 to 18

11 to 15



Tenderloin Steak

1 inch

13 to 15

11 to 15



Porterhouse/T-Bone Steak

1 inch

14 to 16

15 to 19

LESS TENDER CUTS



Top Round Steak (*marinate*)

1 inch

16 to 18

16 to 19



Flank Steak (*marinate*)

1-1/2 to 2 pounds

17 to 21

16 to 21



Skirt Steak (*marinate*)

1 to 1-1/2 pounds

10 to 13

8 to 12

Steaks should be cooked at a medium heat setting. For charcoal grills, cautiously hold the palm of your hand at cooking height above the ash-covered coals. Count the number of seconds you can hold your hand in that position; approximately 4 seconds is medium heat. All cook times are based on beef removed directly from the refrigerator and are approximate for medium rare (145°F) to medium (160°F) doneness. Use an instant-read thermometer inserted horizontally into the side of steaks to check doneness. Allow 10 to 15 seconds for the thermometer to register the internal temperature. Always use tongs to turn steaks.



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