

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. Note: Chart guidelines were developed using Weber Genesis gas grills. Trim visible fat from meat 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.



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Grilling Guidelines

Beef Cut	Weight/ Thickness	CHARCOAL GRILLING	GAS GRILLING
		(uncovered unless noted)	(covered)
		Approximate	Approximate
		Total Cooking Time	Total Cooking Time
		Medium Rare (145°F) to Medium (160°F)	Medium Rare (145°F) to Medium (160°F)
CHUCK		(minutes)	(minutes)
Shoulder Top Blade Steak (Flat Iron)	8 oz. 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	8 to 12 oz. each	14 to 18 (grill covered)	14 to 19
RIB		(minutes)	(minutes)
Rib Steak, <i>small end</i>	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)
Tri-Tip Steak	3/4 inch	9 to 13	NA*
	1 inch	13 to 17	NA*
Top Sirloin Steak	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)
<i>Recommend cooking round cuts to medium rare (145°F) doneness only.</i>			
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) (4 to 6-inch portions)	1 to 1-1/2 lbs.	10 to 13	8 to 12
Flank Steak (marinate)	1-1/2 to 2 lbs.	17 to 21	16 to 21

*All cook times are based on beef removed directly from refrigerator.
Information not available.

Marinades and Rubs

Marinades

Marinades are seasoned liquid mixtures that add flavor to beef steaks and may help tenderize depending on the ingredients.

- Always marinate in the refrigerator, never at room temperature.
- Allow 1/4 to 1/2 cup of marinade for each 1 to 2 pounds of beef.
- Marinate in a food-safe plastic bag or in a nonreactive container such as glass or plastic. Turn or stir the beef occasionally to allow even exposure to the marinade.
- Never save and reuse a marinade. Marinade that has been in contact with uncooked meat must be brought to a full rolling boil for at least one minute before it can be used as a sauce.
- Before cooking, remove beef from marinade and pat dry with paper towels.

Flavor Marinades:

Tender beef cuts only need to be marinated 15 minutes to 2 hours for flavor.

Tenderizing Marinades:

Less tender cuts should be marinated at least 6 hours, but no more than 24 hours. Overmarinating will result in a mushy texture. The marinade must contain an acidic ingredient, such as lemon juice, vinegar, yogurt, wine or a natural tenderizing enzyme found in papaya, ginger, kiwi, pineapple or figs.

Rubs

Rubs are seasoning blends applied to the surface of steaks before cooking. Rubs add flavor to beef but do not tenderize.

- Dry rubs consist of herbs, spices and other dry seasonings. Paste-type rubs contain small amounts of wet ingredients, such as oil, crushed garlic or mustard.
- Rubs can be applied just before cooking, or in advance and refrigerated for several hours.



BEEF

29 WAYS TO LOVE YOUR GRILL.



T-Bones with Sweet & Savory Steak Sauce

Total recipe time: 45 to 50 minutes

Ingredients:

- 2 beef T-bone steaks, cut 1 inch thick (about 16 ounces each)
- ½ pound small carrots with tops, trimmed
- 2 tablespoons water
- 2 medium zucchini and/or yellow squash, cut in ½-inch slices
- 1 teaspoon olive oil
- 2 teaspoons coarse grind black pepper

Sweet Steak Sauce:

- 1 can (8 ounces) tomato sauce
- ⅓ cup chopped pitted dates
- ¼ cup chopped onion
- 3 tablespoons balsamic vinegar
- 1 tablespoon molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon minced garlic
- ½ teaspoon salt

Instructions:

- Combine Sauce ingredients in small saucepan over medium heat; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes to blend flavors, stirring occasionally. Place sauce in blender or food processor container. Cover; pulse on and off for slightly chunky texture. (For a thinner sauce, stir in additional 1 to 2 teaspoons water.) Return sauce to saucepan; keep warm until ready to serve.
- Place carrots and 2 tablespoons water in large nonstick skillet. Cover; cook 8 to 10 minutes or until water has evaporated; add squash. Drizzle with oil; toss to coat evenly. Continue to cook, uncovered, 6 to 8 minutes or until vegetables are crisp-tender and beginning to brown, stirring occasionally. Season with salt, as desired.
- Meanwhile, press pepper evenly onto beef steaks. Place steaks on grid over medium, ash-covered coals. Grill steaks, uncovered, 14 to 16 minutes (over medium heat on preheated gas grill, covered, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Remove bones; carve steaks crosswise into slices. Season steak salt, as desired. Serve with sauce and vegetables.

Makes 4 servings

For more information about beef's 29 lean cuts and for Nutrition information for these recipes visit BeefItsWhatsForDinner.com

Three-Way Marinated Flank Steak

Marinade time: 6 hours or overnight

Total recipe time: 35 minutes

Ingredients:

- 1 beef flank steak (about 1½ pounds)

Classic Marinade:

- ¼ cup prepared olive oil and vinegar vinaigrette or prepared Italian-style vinaigrette
- 1 teaspoon minced garlic
- ¼ teaspoon coarse grind black pepper

Instructions:

- Combine marinade ingredients of your choice in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
- Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Carve steak across the grain into slices.

Asian Marinade Variation: Prepare recipe as directed by adding 2 tablespoons reduced sodium soy sauce, 2 tablespoons minced fresh ginger, 1 tablespoon packed brown sugar, 1 tablespoon toasted sesame seeds and 1½ teaspoons dark sesame oil to Classic Marinade mixture.

Mexican Marinade Variation: Prepare recipe as directed by adding 1 tablespoon fresh lime juice, 1 teaspoon ground cumin, 1 teaspoon chipotle chili powder and ½ teaspoon salt to Marinade mixture.

Makes 4 servings

Caribbean Beef Burgers with Mango Salsa

Total recipe time: 30 minutes

Ingredients:

- 1½ pounds ground beef
- 2 tablespoons Caribbean jerk seasoning
- Salt

Mango Salsa:

- 1 large mango, peeled, coarsely chopped (about 1 cup)
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped green onion
- 1 tablespoon finely chopped seeded jalapeño pepper
- 1 tablespoon fresh lime juice

Instructions:

- Combine ground beef and jerk seasoning in large bowl, mixing lightly but thoroughly. Shape into four ¾-inch thick patties.
- Place patties on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 14 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt, as desired.
- Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Serve burgers with salsa.

Makes 4 servings

Beef “California Roll” Salad

Marinade time: 15 minutes to 2 hours

Total recipe time: 35 to 40 minutes

Ingredients:

- 3 boneless beef top loin (strip) steaks, cut ¾ inch thick (about 8 ounces each)

Marinade:

- ⅓ cup hoisin sauce
- ¼ cup pomegranate juice
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh ginger
- 1 tablespoon sesame oil
- ½ teaspoon pepper

Gingered Carrots:

- 1 tablespoon mayonnaise
- 1½ teaspoons minced fresh ginger
- 2 cups packaged matchstick carrots

Garnish:

- 1 tablespoon toasted sesame seeds
- 1 medium avocado, diced
- ½ cup fresh pomegranate seeds

Wasabi Cucumbers:

- 2 teaspoons wasabi paste
- 1 teaspoon pomegranate juice
- 1 English cucumber, thinly sliced

Instructions:

- Combine Marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
- Prepare Wasabi Cucumbers. Combine wasabi paste and pomegranate juice in medium bowl. Add cucumbers; toss to coat. Set aside; refrigerate until ready to serve.
- Prepare Gingered Carrots. Combine mayonnaise and ginger in another medium bowl. Add carrots; toss to coat. Set aside; refrigerate until ready to serve.
- Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Carve steaks into thin slices. Place cucumbers and carrots side by side on plate; top with beef. Top with avocado and pomegranate seeds; sprinkle with sesame seeds.

Makes 6 servings

