

# 3 SIMPLE STEPS FOR GRILLING BEEF

Grilling is one of the most exciting and healthy ways to enjoy beef. Whether cooking on a gas or charcoal grill, in the backyard or at a tailgate, this cooking method provides maximum flavor and optimal tenderness.

**STEP 1 CHOOSE YOUR CUT**

Some of the best cuts for grilling include:

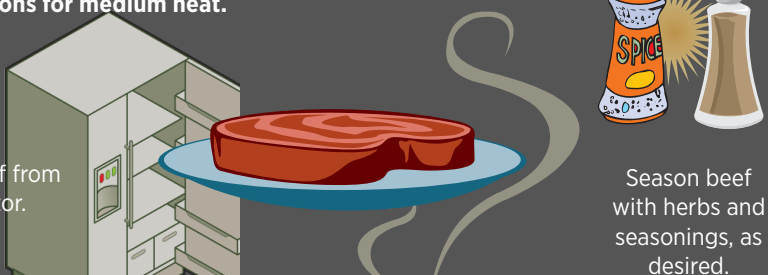


Top Loin (Strip)\*      Flank\*      Ribeye

\* Indicates lean

**STEP 2 PREPARE YOUR BEEF**

Prepare grill (gas or charcoal) according to manufacturer's directions for medium heat.



Remove beef from refrigerator.

Season beef with herbs and seasonings, as desired.

**STEP 3 GRILL YOUR BEEF**



Place on cooking grid.

Grill, covered, according to chart (reverse), turning occasionally.

Once finished, season beef with salt, if desired.

**Beef Coach's Tips:**

**Tip #1:** Grilling times are based on beef going directly from the refrigerator to the grill.



**Best Tool:** Grill or Grill pan

**Tip #2:** Don't forget to marinate! Tender beef cuts can be marinated for 15 minutes to 2 hours for flavor; less tender cuts, such as Flank, should be marinated for 6 hours, but not more than 24 hours.

**America's Got Grilliance**

A recent survey found that when it comes to the grill, Americans choose beef.

Nearly three out of four American grillers say the ONE meat they most often grill is beef (69%) versus chicken (25%) or pork (6%).<sup>1</sup>



**BEEF 69%**      **CHICKEN 25%**      **PORK 6%**

<sup>1</sup>Consumer Grilling Study - IPSOS Public Affairs, April 2011



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1. The sizzling harmony of one's passion for brilliance on the grill.

Origin:  
2012; grill+i(ant) + -ance



Funded by The Beef Checkoff

For simple meal ideas, nutrition information and cooking tips, visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

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# BEEF GRILLING COOKERY INFORMATION

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	
		Charcoal Grilling	Gas Grilling
<b>Top Loin (Strip) steak</b> Boneless	3/4 inch 1 inch	7 to 10 minutes 11 to 14 minutes	7 to 10 minutes 11 to 15 minutes
<b>Flank steak</b> (marinate)	1-1/2 to 2 pounds	11 to 16 minutes	16 to 21 minutes
<b>Ribeye</b>	3/4 inch 1 inch 1-1/2 inches*	7 to 10 minutes 10 to 14 minutes 16 to 20 minutes	7 to 9 minutes 9 to 14 minutes 15 to 19 minutes

*\*Remove from grill when internal temperature(s) reaches 140° F for medium rare; 155° F for medium doneness. Let stand 5 minutes.*

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 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.*

