BEEF FOR GRILLING
WHERE BEEF GRILLING CUTS COME FROM

CHUCK
- BEEF SHOULDER TOP BLADE STEAK (FLAT IRON)
- BEEF SHOULDER CENTER STEAK (RANCH STEAK)
- BEEF SHOULDER STEAK
- BEEF SHOULDER PETITE TENDER ROAST
- BEEF CHUCK EYE STEAK BONELESS
- BEEF CHUCK UNDER BLADE CENTER STEAK BONELESS (DENVER CUT)

LOIN
- BEEF TENDERLOIN STEAK & ROAST
- BEEF TOP LOIN (STRIP) STEAK
- BEEF PORTERHOUSE & T-BONE STEAKS
- BEEF TOP SIRLOIN STEAK
- BEEF TRI-TIP STEAK & ROAST

RIB
- BEEF RIBEYE STEAK & ROAST
- BEEF RIB STEAK

ROUND
- BEEF TOP ROUND STEAK
- BEEF EYE ROUND STEAK & ROAST
- BEEF ROUND TIP ROAST
- BEEF ROUND SIRLOIN TIP CENTER STEAK
- BEEF ROUND SIRLOIN TIP SIDE STEAK
- BEEF BOTTOM ROUND STEAK (WESTERN GRILLER)

PLATE
- BEEF SKIRT STEAK

FLANK
- BEEF FLANK STEAK

OTHER
- GROUND BEEF PATTIES
- KABOBS
BEEF FOR GRILLING

At certain times of the year, it’s necessary to call on time-tested favorites. Here are suggestions for using popular beef grilling cuts to satisfy beef cravings during the grilling season.

GRILLING BEEF

Americans love to cook on the grill! In a recent study, 63% of households reported owning a gas grill, while 53% reported owning a charcoal grill.¹

Summer is the most popular grilling season; 41% of household servings include the grill during the summer.² The Fourth of July leads beef dollar sales and Memorial Day is in second place.³ So make sure the meat case is stocked with the most popular beef steaks and plenty of ground beef all summer long. Please see the adjacent Grilling Season graph.

TOP TEN LIST OF MOST POPULAR GRILL FOODS

1. Burgers/Ground Beef
2. Steaks
3. Chicken
4. Hot Dogs
5. Ribs
6. Pork Chops
7. Bratwurst
8. Sausages
9. Beef Roasts
10. Salmon


¹ Weber Grill Watch Report, 2007
² The NPD Group, August 2007
³ FreshLook Marketing, 2007
SPECIAL STEAKHOUSE FAVORITES
- Tenderloin Steak
- Porterhouse/T-Bone Steaks
- Top Loin (Strip) Steak
- Ribeye Steak
- Rib Steak
- Shoulder Top Blade Steak (Flat Iron)

EVERYDAY STEAK FAVORITES
- Top Sirloin Steak
- Flank Steak
- Top Round Steak
- Eye Round Steak
- Shoulder Steak
- Shoulder Center Steak (Ranch Steak)
- Shoulder Petite Tender
- Chuck Eye Steak Boneless
- Chuck Under Blade Center Steak Boneless (Denver Cut)
- Round Sirloin Tip Center Steak
- Round Sirloin Tip Side Steak
- Bottom Round Steak (Western Griller)
- Skirt Steak

ROAST FAVORITES
- Tenderloin Roast
- Eye Round Roast
- Tri-Tip Roast
- Shoulder Petite Tender Roast

OTHER GRILL FAVORITES
- Ground Beef Patties
- Kabobs
- Beef Back Ribs
- Beef Rib Short Ribs

BEEF GRADES FOR GRILLING
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. See the Beef Training Camp “Beef Basics for Retailers” section for more information about grading.

STEAK SERVING SIZES
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.)
**MARINADES**

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.

- 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.
- A tenderizing marinade 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.

- 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 TEMPERATURE**

**CHARCOAL GRILLING**

Steaks should be cooked over medium, ash-covered coals. It takes about 30 minutes for coals to reach this stage after lighting. To easily test coal temperature, cautiously hold the palm of your hand above the coals at cooking height. If you can hold your hand there for 4 seconds before the heat forces you to pull it away, the coals are medium temperature.

**GAS GRILLING**

Prepare grill according to manufacturer's directions for medium heat.

**TURNING**

Always use a long-handled spatula or tongs to turn steaks on the grill. A fork pierces the meat, causing a loss of flavorful juices.

**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).
Thickness/Charcoal Grilling, Uncovered Gas Grilling, Covered Gas Grilling, Covered Total Cooking Time* Approximate Total Cooking Time* Medium Rare (145°F) Medium (160°F) Medium Rare (145°F) Medium (160°F)

### Shoulder Top Blade Steak (Flat Iron)
- 8 ounces each: 10 to 14 minutes (grill covered), 12 to 16 minutes

### Shoulder Steak, boneless (marinate)
- 3/4 inch: 14 to 17 minutes, 9 to 12 minutes
- 1 inch: 16 to 20 minutes, 15 to 19 minutes

### Shoulder Center Steak (Ranch Steak)
- 3/4 inch: 9 to 11 minutes (grill covered), 8 to 11 minutes
- 1 inch: 11 to 14 minutes (grill covered), 12 to 16 minutes

### Chuck Eye Steak Boneless
- 3/4 inch: 9 to 11 minutes, 9 to 12 minutes
- 1 inch: 12 to 14 minutes, 13 to 17 minutes

### Chuck Under Blade Center Steak Boneless (Denver Cut)
- 3/4 inch: 7 to 10 minutes, 8 to 11 minutes
- 1 inch: 10 to 14 minutes, 12 to 17 minutes

### Rib Steak, small end
- 3/4 inch: 6 to 8 minutes, 7 to 10 minutes
- 1 inch: 9 to 12 minutes, 10 to 15 minutes

### Ribeye Steak
- 3/4 inch: 6 to 8 minutes, 7 to 9 minutes
- 1 inch: 11 to 14 minutes, 9 to 14 minutes

### Porterhouse/Top Bone Steak
- 3/4 inch: 10 to 12 minutes, 9 to 13 minutes
- 1 inch: 14 to 16 minutes, 15 to 19 minutes

### Top Loin (Strip) Steak, boneless
- 3/4 inch: 10 to 12 minutes, 7 to 10 minutes
- 1 inch: 15 to 18 minutes, 11 to 15 minutes

### Tenderloin Steak
- 1 inch: 13 to 15 minutes, 11 to 15 minutes
- 1-1/2 inches: 14 to 16 minutes (grill covered), 16 to 20 minutes

### Top Sirloin Steak
- 3/4 inch: 8 to 10 minutes (grill covered), 8 to 11 minutes
- 1 inch: 17 to 21 minutes, 13 to 16 minutes
- 1-1/2 inches: 22 to 26 minutes (grill covered), 24 to 30 minutes

### Flank Steak (marinate)
- 1-1/2 to 2 pounds: 17 to 21 minutes, 16 to 21 minutes

### Skirt Steak (marinate)
- 1 to 1-1/2 pounds (4- to 6-inch portions): 10 to 13 minutes, 8 to 12 minutes

### Round Sirloin Tip Center Steak
- 3/4 inch: 8 to 9 minutes (grill covered), 8 to 11 minutes
- 1 inch: 11 to 13 minutes (grill covered), 13 to 15 minutes

### Round Sirloin Tip Side Steak (marinate)
- 3/4 inch: 9 to 11 minutes (grill covered), 7 to 9 minutes
- 1 inch: 12 to 14 minutes (grill covered), 13 to 14 minutes

### Bottom Round Steak (Western Griller) (marinate)
- 3/4 inch: 8 to 10 minutes (grill covered), 11 to 14 minutes
- 1 inch: 12 to 15 minutes (grill covered), 15 to 17 minutes

### Top Round Steak (marinate)
- Recommend cooking to 145°F (medium rare) only.
- 3/4 inch: 8 to 9 minutes, 10 to 11 minutes
- 1 inch: 16 to 18 minutes, 16 to 19 minutes

### Eye Round Steak (marinate)
- Recommend cooking to 145°F (medium rare) only.
- 3/4 inch: 15 to 19 minutes, 10 to 12 minutes
- 1 inch: 19 to 23 minutes, 17 to 19 minutes

### Ground Beef Patties
- Cook to 160°F.
- 1/2 inch, 4 ounces each: 11 to 13 minutes, 7 to 8 minutes
- 3/4 inch, 6 ounces each: 13 to 15 minutes, 13 to 14 minutes

### Kabobs, beef only
- 1 x 1-1/4 inches (1 pound): 6 to 8 minutes (grill covered), 7 to 9 minutes

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*All cook times are based on beef removed directly from the refrigerator.

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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 Easy 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.)

Direct Grilling Guidelines

<table>
<thead>
<tr>
<th>Beef Roast</th>
<th>Weight</th>
<th>Charcoal Grilling Approximate Total Cooking Time* (over medium heat)</th>
<th>Gas Grilling Approximate Total Cooking Time* (over medium heat)</th>
<th>Remove Roast When Internal Temperature Reaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-Tip Roast (Bottom Sirloin) well-trimmed</td>
<td>1-3/4 to 2-1/2 pounds</td>
<td>25 to 35 minutes</td>
<td>N/A</td>
<td>135°F for Medium rare 150°F for Medium</td>
</tr>
<tr>
<td>Shoulder Petite Tender Roast</td>
<td>8 to 12 ounces</td>
<td>14 to 18 minutes</td>
<td>14 to 19 minutes</td>
<td>145°F for Medium rare 160°F for Medium</td>
</tr>
</tbody>
</table>

*All cook times are based on beef removed directly from the refrigerator.

Charcoal Grilling Tips

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.

Gas Grilling Tips

For gas grilling, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner’s manual for specific grilling information.
INDIRECT GRILLING GUIDELINES

<table>
<thead>
<tr>
<th>Beef Cut</th>
<th>Weight (pounds)</th>
<th>Approximate Total Cooking Time* (over medium heat)</th>
<th>Remove Roast When Internal Temperature Reaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ribeye Roast, small end</td>
<td>3 to 4</td>
<td>Medium rare: 70 to 90 minutes; Medium: 1-1/2 to 1-3/4 hours</td>
<td>135°F</td>
</tr>
<tr>
<td>well-trimmed</td>
<td></td>
<td>Medium: 1 to 1-1/2 hours</td>
<td>150°F</td>
</tr>
<tr>
<td></td>
<td>4 to 6</td>
<td>Medium rare: 1-1/2 to 1-3/4 hours; Medium: 1-3/4 to 2-1/4 hours</td>
<td>135°F</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medium: 1-3/4 to 2-1/4 hours</td>
<td>150°F</td>
</tr>
<tr>
<td>Tenderloin Roast, well</td>
<td>2 to 3</td>
<td>Medium rare: 35 to 45 minutes; Medium: 45 to 60 minutes</td>
<td>135°F</td>
</tr>
<tr>
<td>trimmed and silverskin</td>
<td></td>
<td>Medium: 45 to 60 minutes</td>
<td>150°F</td>
</tr>
<tr>
<td>removed</td>
<td>4 to 5</td>
<td>Medium rare: 55 to 65 minutes; Medium: 65 to 75 minutes</td>
<td>135°F</td>
</tr>
<tr>
<td>(center-cut)</td>
<td></td>
<td>Medium: 65 to 75 minutes</td>
<td>150°F</td>
</tr>
<tr>
<td>(whole)</td>
<td></td>
<td>Medium: 65 to 75 minutes</td>
<td></td>
</tr>
</tbody>
</table>

Place tenderloin roast on one side of cooking grid directly over coals. Sear, uncovered, 5 to 10 minutes or until bottom of roast is browned (do not turn). Turn roast over and place in center of cooking grid over drip pan. Cover and grill indirectly for time and temperature indicated in chart.

| Round Tip Roast | 3 to 4 | Medium rare: 70 to 90 minutes; Medium: 1-1/2 to 1-3/4 hours | 135°F                                           |
|                |        | Medium: 1-1/2 to 1-3/4 hours                                | 150°F                                           |
| Eye Round Roast | 2 to 3 | Medium rare: 50 to 70 minutes; Medium: 1-3/4 to 2 hours    | 135°F                                           |
|                |        | Medium: 1-3/4 to 2 hours                                    | 150°F                                           |

*All cook times are based on beef removed directly from the refrigerator.

Note: Medium rare doneness = 145°F final internal temperature after 15 minutes standing time.
Medium doneness = 160°F final internal temperature after 15 minutes standing time.

3 Easy Steps to Indirect Grilling Beef Roasts

1. Prepare charcoal grill for indirect grilling by igniting an equal number of charcoal briquets on each side of fire grate, leaving open space in the center. When coals are medium, ash-covered (about 30 minutes), add 3 to 4 new briquets to each side. Place aluminum foil drip pan in center between coals. Position cooking grid with handles over coals so additional briquets may be added when necessary.

2. Remove beef from refrigerator. Season, as desired. Place on cooking grid directly over drip pan.

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 is usually not necessary. Add 3 to 4 additional briquets to each side every 30 minutes or as necessary to maintain proper heat during grilling. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 15 minutes. (Temperature will continue to rise about 10°F to reach desired doneness and roast will be easier to carve.)

Charcoal Grilling Tips

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.
Rubs and marinades add flavor to beef. Try some of these great recipes to spice up your favorite grilling cut.

### Lemon-Thyme Rub

**Total preparation time: 5 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>chopped fresh thyme</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>minced garlic</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>freshly grated lemon peel</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>olive oil</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>coarse grind black pepper</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

1. Combine all ingredients in medium bowl.

*Makes about 1/3 cup.*

### Peppery Dijon-Parsley Rub

**Total preparation time: 5 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>chopped fresh parsley</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Dijon-style mustard</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>cracked mixed peppercorns</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>black, white, green and pink</td>
<td></td>
</tr>
<tr>
<td>cracked black pepper</td>
<td></td>
</tr>
<tr>
<td>minced garlic</td>
<td>2 cloves</td>
</tr>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

1. Combine all ingredients in small bowl.

*Makes about 1/4 cup.*

### Spicy Three-Pepper Rub

**Total preparation time: 5 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>dried oregano leaves</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>sweet paprika</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>dried thyme leaves</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>garlic powder</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>onion powder</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>ground black pepper</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>ground white pepper</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>ground red pepper</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>


*Makes about 1/4 cup.*
**Chili-Cilantro Marinade**

*Total preparation time: 5 minutes*

- 2/3 cup prepared Italian dressing
- 2 tablespoons coarsely chopped fresh cilantro
- 1 tablespoon chili powder

1. Combine all ingredients in small bowl.

*Makes about 2/3 cup.*

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**Cowboy BBQ Marinade & Sauce**

*Total preparation time: 20 minutes*

- 1 cup finely chopped onion
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1/3 cup red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/8 to 1/4 teaspoon crushed red pepper

1. Combine all ingredients in small saucepan, stirring until sugar is dissolved. Remove 1 cup to use as marinade.

2. Bring remaining mixture to a boil. Reduce heat; simmer 10 to 15 minutes or until desired sauce consistency is reached, stirring occasionally.

*Makes about 2-1/2 cups.*

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**Sesame-Soy Marinade**

*Total preparation time: 10 minutes*

- 1/4 cup soy sauce
- 1/4 cup finely chopped green onions
- 2 tablespoons water
- 2 tablespoons packed brown sugar
- 1-1/2 tablespoons dark sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 1/4 teaspoon pepper

1. Combine all ingredients in small bowl; stir until sugar is dissolved.

*Makes about 1/2 cup.*