

GRILL TALK

3 EASY STEPS TO GRILLING BEEF

- 1 Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat. To check temperature on a charcoal grill, 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.
- 2 Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
- 3 Grill according to chart, turning occasionally. (Gas grill brands vary greatly and grilling times may need to be adjusted.) After cooking, season with salt if desired.



Grilling Guidelines

Follow these basic grilling guidelines to reach the perfect medium rare to medium doneness. All cooking times are based on 3/4" thickness (or as indicated) and on beef that is removed directly from the refrigerator.

BEEF CUT	TOTAL COOKING TIME UNCOVERED OVER MEDIUM COALS	TOTAL GAS GRILL COOKING TIME, COVERED OVER MEDIUM HEAT
Ribeye Steak	6 to 8 minutes	7 to 9 minutes
Rib Steak, small end	6 to 8 minutes	7 to 10 minutes
Porterhouse/T-Bone Steak	10 to 12 minutes	9 to 13 minutes
Top Loin (Stip) Steak, boneless	10 to 12 minutes	7 to 10 minutes
Tenderloin Steak, 1" thick	13 to 15 minutes	11 to 15 minutes
Top Sirloin Steak, boneless	13 to 16 minutes	8 to 13 minutes
Flank Steak (marinate), for 1-1/2 to 2 lbs	17 to 21 minutes	16 to 21 minutes
Skirt Steak (marinate) for 1-1/2 lb; 4 to 6-inch portions	10 to 13 minutes	8 to 12 minutes
Top Round Steak (marinate), recommend cooking to med. rare only	8 to 9 minutes	10 to 11 minutes
Chuck Shoulder Steak, boneless (marinate)	14 to 17 minutes	9 to 12 minutes
Shoulder Top Blade Steak (Flat Iron), 8 ounces	10 to 14 minutes, grill covered	12 to 16 minutes
Ground Beef Patties, 1/2" x 4 oz patties	11 to 13 minutes	7 to 8 minutes
Kabobs, 1" x 1-1/4", beef only, for 1 lb	6 to 8 minutes, grill covered	7 to 9 minutes

Santa Fe Grilled Beef Steaks & Corn

- 4 beef T-bone or Porterhouse steaks, cut 1 inch thick (about 4 pounds) or boneless beef top loin steaks, cut 1 inch thick (about 2-1/2 pounds)
- 4 ears sweet corn, in husks
- 3 tablespoons butter

CHILI GLAZE:

- 1/2 cup prepared steak sauce
- 2 cloves garlic, minced
- 1-1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin

INSTRUCTIONS:

1. Peel corn, leaving husks attached at base; remove silk. Rewrap corn in husks; tie closed. Soak in cold water 30 minutes. Combine glaze ingredients; remove and reserve 1/4 cup.
2. Drain corn. Place on grid over medium, ash-covered coals. Grill, uncovered, 20 to 30 minutes, turning frequently.
3. After 5 or 10 minutes, place beef steaks on grid with corn. Grill T-bone or Porterhouse steaks, uncovered, 14 to 16 minutes (top loin steaks 15 to 18 minutes) for medium rare to medium doneness, turning occasionally and brushing with glaze during last 5 minutes.
4. Combine reserved 1/4 cup glaze and butter in 1-cup glass measure. Microwave on HIGH 1-1/2 to 2 minutes, stirring once. Carefully peel corn; brush with chili butter. Serve with steaks and remaining chili butter.

Makes 4 servings.



GRILLING/BROILING CONSUMER TIPS



SMART SHOPPING

Which cuts? For succulent, tasty, sizzling beef, choose the most tender steaks when grilling or broiling. These are:

- ribeye
- rib
- T-Bone
- Porterhouse
- top loin (strip)
- tenderloin
- shoulder top blade steak (Flat Iron)
- shoulder center steak (Ranch Steak)
- chuck eye
- round sirloin tip center

Though not a steak, the **beef tri-tip roast** and **shoulder petite tender roast**, with their relatively thin uniform shape, fit nicely in this category, too.

HOW MUCH TO BUY?

Lean boneless beef steaks will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed beef per pound.

Bone-in steaks and boneless beef steaks that need more trimming will yield 2-1/2 to 3 three-ounce servings of cooked, trimmed beef per pound.



COOKING TIPS

PREPARE THE STEAK PROPERLY BEFORE COOKING.

- To avoid flare-ups, trim steaks for grilling or broiling closely, leaving only a thin layer of fat to preserve juiciness.
- Pat steaks dry with paper toweling to promote browning.
- Add salt and salty seasonings to steaks *after* cooking. Salt added before cooking draws out moisture and inhibits browning.

MARINATING: Tender steaks only need to be marinated briefly, if desired to add flavor. Fifteen minutes to 2 hours is long enough.

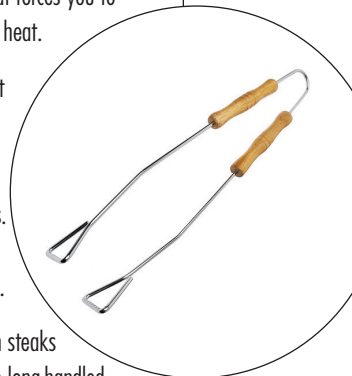
USE THE CORRECT COOKING TEMPERATURE. Using too high heat can lead to overcooking and dry, flavorless steak. Or, it may char the outside before the center has a chance to reach the desired doneness.

FOR CHARCOAL GRILLING, coals should be ash-covered and medium temperature (takes about 30 minutes). To test, cautiously hold the palm of your hand above 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 equals medium heat.

FOR GAS GRILLING, brands vary greatly — consult the owner's manual for grilling guidelines.

FOR BROILING, preheat the broiler for 10 minutes. Consult the owner's manual for specific broiling guidelines. In general, during broiling, the door of an electric oven should be left ajar; a gas oven door should remain closed.

TURN STEAKS WITH TONGS OR SPATULA. When steaks are pierced, flavorful juices can be lost. For safety, use long-handled tongs when grilling. Turn steaks occasionally during grilling, as needed to prevent charring. Turn steaks once when broiling, to avoid loss of heat.



DETERMINING DONENESS

- For optimal results, cook beef steaks to medium rare (145°F) or medium (160°F) doneness; **do not overcook.**
- To prevent overcooking, remove tri-tip roasts and steaks that are 1-1/2-inch thick or thicker when the internal temperature is 5°F lower than the desired doneness. Let stand 5 to 10 minutes before carving. The internal temperature will continue to rise 5°F and reach the desired doneness.
- The most accurate way to determine doneness of steaks is with an instant-read thermometer, inserted horizontally from the side into the center.
- To judge doneness visually, make a small slit near the bone, or near the center for boneless cuts:
Medium rare will be pink in the center and slightly brown toward the exterior.
Medium will be light pink in the center and brown toward the exterior.



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