

GRILLING BEEF

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

BEEF CUT	THICKNESS/WEIGHT	CHARCOAL GRILLING (uncovered unless noted)*		GAS GRILLING (covered)	
		Approximate Total Cooking Time	Medium Rare (145°F) to Medium (160°F)	Approximate Total Cooking Time	Medium Rare (145°F) to Medium (160°F)
CHUCK	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	
Shoulder Petite Tender Roast	8 to 12 ounces each	14 to 18 minutes (grill covered)	14 to 19 minutes		
RIB	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	
LOIN	Porterhouse/T-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	
SIRLOIN	Top Sirloin Steak	3/4 inch	13 to 16 minutes	8 to 13 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	
ROUND	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		
Recommend cooking round cuts to Medium Rare (145°F) doneness.	Top Round Steak (marinate)	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)	3/4 inch	15 to 19 minutes	10 to 12 minutes	
		1 inch	19 to 23 minutes	17 to 19 minutes	
PLATE & FLANK	Skirt Steak (marinate)	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13 minutes	8 to 12 minutes	
		Flank Steak (marinate)	1-1/2 to 2 pounds	17 to 21 minutes	16 to 21 minutes
OTHER	Ground Beef Patties USDA recommends cooking to an internal temp of Medium (160°F) doneness.	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	

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

PAN-BROILING BEEF

1 Heat heavy, nonstick skillet 5 minutes over medium heat.

2 Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.

3 Pan-broil according to chart, turning once. (For cuts 1 inch thick or thicker, turn occasionally.) After cooking, season with salt, if desired.

BEEF CUT	THICKNESS/WEIGHT	Approximate TOTAL COOKING TIME	
		Medium Rare (145°F) to Medium (160°F)	
CHUCK	Chuck Eye Steak, boneless	3/4 inch	9 to 11 minutes
		1 inch	12 to 15 minutes
	Shoulder Top Blade Steak, boneless	3/4 inch	10 to 12 minutes
		1 inch	13 to 17 minutes
	Shoulder Top Blade Steak (Flat Iron)	8 ounces each	13 to 15 minutes
Shoulder Center Steak (Ranch Steak)	3/4 inch	9 to 12 minutes	
	1 inch	13 to 16 minutes	
	Shoulder Petite Tender Medallions Use medium-high heat.	1/2 to 3/4 inch	5 to 6 minutes
RIB	Ribeye Steak	3/4 inch	8 to 10 minutes
		1 inch	12 to 15 minutes
LOIN	Porterhouse/T-Bone Steak	3/4 inch	11 to 13 minutes
		1 inch	14 to 17 minutes
	Top Loin (Strip) Steak, boneless	3/4 inch	10 to 12 minutes
		1 inch	12 to 15 minutes
Tenderloin Steak	3/4 inch	7 to 9 minutes	
SIRLOIN	Top Sirloin Steak, boneless	3/4 inch	10 to 13 minutes
		1 inch	15 to 20 minutes
ROUND	Top Round Steak (marinate)	3/4 inch	11 to 12 minutes
		1 inch	15 to 16 minutes
	Bottom Round Steak (Western Griller) (marinate)	3/4 inch	11 to 14 minutes
		1 inch	16 to 22 minutes
	Round Sirloin Tip Center Steak	3/4 inch	11 to 13 minutes
1 inch		14 to 15 minutes	
Round Sirloin Tip Side Steak (marinate)	3/4 inch	10 to 12 minutes	
	1 inch	13 to 15 minutes	
OTHER	Ground Beef Patties USDA recommends cooking to an internal temp of Medium (160°F) doneness.	1/2 inch (4 ounces each)	10 to 12 minutes
		3/4 inch (6 ounces each)	12 to 15 minutes

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



IT'S WHAT'S FOR DINNER.
www.BeefitsWhatsForDinner.com

Copyright © 2008, CATTLEMEN'S BEEF BOARD AND NATIONAL CATTLEMEN'S BEEF ASSOCIATION
28708 0908 1000

ANSWERS TO YOUR CUSTOMERS' BEEF QUESTIONS!

HOW TO COOK TODAY'S BEEF

BEEF CUT		PAN-BROIL/ PAN-FRY	STIR-FRY	GRILL	BROIL	ROAST	BRASE	COOK IN LIQUID
CHUCK	Chuck 7-Bone Steak			+	+		•	•
	Chuck Mock Tender Steak						•	•
	Chuck Arm Steak						•	•
	Chuck Eye Steak, boneless	•		•	•		•	•
	Shoulder Top Blade Steak, boneless	•		•	•		•	•
	Shoulder Top Blade Steak, (Flat Iron)	•	•	•	•			
	Shoulder Steak, boneless	+		+	+		•	•
	Shoulder Center Steak (Ranch Steak)	•	•	•	•			
	Shoulder Petite Tender Medallions	•						
	Short Ribs						•	•
Chuck Pot Roast (Arm, Blade, Shoulder)							•	•
	Shoulder Tender Petite Roast		•	•	•	•		
RIB	Rib Steak, Ribeye Steak	•	•	•	•			
	Rib Roast, Ribeye Roast			•		•		
LOIN	Porterhouse/T-Bone Steak	•		•	•			
	Tenderloin Steak, Top Loin (Strip) Steak	•	•	•	•			
	Tenderloin Roast, Top Loin Roast			•		•		
SIRLOIN	Sirloin Steak, Tri-Tip Steak, Top Sirloin Steak, boneless	•	•	•	•			
	Tri-Tip Roast			•		•		
ROUND	Top Round Steak	+	•	+	+			
	Bottom Round Steak (Western Griller)	+		+	+			
	Eye Round Steak	+	•	+			•	
	Round Tip Steak, thin cut	•	•					
	Sirloin Tip Center Steak	•	•	•	•			
	Sirloin Tip Side Steak	+	•	+	+			
Eye Round Roast, Bottom Round Roast, Rump Roast							•	•
	Top Round Roast, Round Tip Roast						•	
SHANK & BRISKET	Brisket, fresh or corned						•	•
	Shank Cross Cuts						•	•
PLATE & FLANK	Skirt Steak	+	•	+	+		•	
	Flank Steak		•	+	+		•	
OTHER CUTS	Ground Beef	•		•	•	•		
	Cubed Steak	•					•	
	Beef for Stew							•
	Beef for Kabobs			•	•			

*Requires marinating

HOW MUCH TO BUY?

The amount of beef you need to buy varies with the cut selected. Cooked yields per pound are related to the amount of bone, fat trim and cooking method. Refer to the following chart for helpful guidelines.

BEEF CUT	SERVINGS/POUND (3-ounce cooked, trimmed)
STEAKS	
Chuck Shoulder	3-1/2
Shoulder Center Steak (Ranch Steak)	4
Shoulder Top Blade (Flat Iron)	4
Shoulder Top Blade	3
Shoulder Petite Tender Medallions	4
Flank	4
Porterhouse/T-Bone	2-1/2
Rib	2-1/2
Ribeye	3
Bottom Round Steak (Western Griller)	4
Round Sirloin Tip Center	4
Round Sirloin Tip Side	4
Round Tip, <i>thin cut</i>	4
Tenderloin	4
Top Loin (Strip), <i>boneless</i>	4
Top Round	4
Top Sirloin, <i>boneless</i>	4
ROASTS	
Eye Round	4
Ribeye	3
Shoulder Petite Tender	4
Rib	2-1/2
Round Tip	4
Tenderloin	4
Tri-Tip	4
POT ROASTS	
Brisket	2-1/2 to 3
Chuck (Shoulder, Arm or Blade)	3
OTHER CUTS	
Beef for Stew	2-1/2 to 3
Ground Beef	4
Shank Cross Cuts	1-1/2 to 2-1/2
Short Ribs	1-1/2 to 2-1/2
Short Ribs, <i>boneless</i>	2-1/2 to 3

For more cooking information or delicious recipes, visit
www.BeefItsWhatsForDinner.com

WHAT DO I NEED TO KNOW ABOUT MARINADES?

- Marinate in the refrigerator, never at room temperature.
- Less tender cuts should be marinated in a tenderizing marinade at least 6 hours; marinating longer than 24 hours may result in a mushy texture. (TIP: Use Italian dressing or salsa for a quick marinade.)
- If a marinade is to be used for basting or served as a sauce, reserve a portion of it before adding the beef. 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 for basting or as a sauce.

BRAISING BEEF

- Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef with herbs or spices, as desired.
- Add small amount (1/2 to 2 cups) of liquid (such as broth, water, juice, beer or wine).
- Cover tightly and simmer gently over low heat on range top or in a preheated 325°F oven according to chart or until fork-tender. Reduce or thicken cooking liquid, as desired.

BEEF CUT	WEIGHT/THICKNESS	Approximate TOTAL COOKING TIME (tightly covered)
CHUCK		
Chuck Pot Roast (Arm, Shoulder or Blade)	2-1/2 to 4 pounds	2 to 3 hours
Shoulder Steak, <i>boneless</i>	3/4 to 1 inch	1-1/4 to 1-3/4 hours
Short Ribs	2 x 2 x 4 inches	1-1/2 to 2 1/2 hours
ROUND		
Bottom Round, Rump Roast, <i>boneless</i>	3 to 4 pounds	2-1/2 to 3-1/4 hours
Round Steak, (Eye or Bottom), <i>boneless</i>	3/4 to 1 inch	1-1/4 to 1-3/4 hours
	1 to 1-1/2 inches	1-3/4 to 2-1/2 hours
BRISKET		
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours

For Top Round Steak, braising is not recommended; see grilling method. All cook times are based on beef removed directly from refrigerator.

COOKING BEEF IN LIQUID

- Coat beef lightly with seasoned flour, if desired. Slowly brown beef, in batches, on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. (Omit browning step for corned beef brisket.)
- Cover beef with liquid (such as broth, water, juice, beer or wine). Add herbs or seasoning, as desired. Bring liquid to boil; reduce heat to low.
- Cover tightly and simmer gently over low heat on range top according to chart or until beef is fork-tender.

BEEF CUT	WEIGHT/THICKNESS	Approximate TOTAL COOKING TIME (covered over low heat)
SHANK & BRISKET		
Shank Cross Cuts	1 to 1-1/2 inches	2 to 3 hours
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours
Brisket, <i>corned</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3-1/2 hours
OTHER		
Beef for Stew	1 to 1-1/2 inches	1-3/4 to 2-1/4 hours

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

HOW LONG CAN I KEEP IT?

Maximum Recommended Storage Times for Quality

	TYPE OF BEEF	REFRIGERATOR (35°F to 40°F)	FREEZER (0°F or colder)
FRESH BEEF	Steaks, Roasts	3 to 4 days	6 to 12 months
	Beef for Stew	2 to 3 days	6 to 12 months
	Ground Beef	1 to 2 days	3 to 4 months
LEFTOVER COOKED BEEF	All	3 to 4 days	2 to 3 months

NEVER DEFROST MEATS AT ROOM TEMPERATURE!

ROASTING BEEF

- Heat oven to temperature specified in chart.
- Place roast (directly from refrigerator), fat side up, on rack in shallow roasting pan. The exception is a rib roast; the ribs form a natural rack. Season roast with herbs and seasonings, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
- Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5°F to 10°F to reach desired doneness* and roast will be easier to carve.)

BEEF CUT	OVEN TEMP. (preheated)	WEIGHT (pounds)	Approximate TOTAL COOKING TIME	REMOVE FROM OVEN WHEN INTERNAL TEMP. REACHES:
CHUCK				
Shoulder Petite Tender Roast	425°F	8 to 12 ounces	Medium Rare to Medium: 20 to 25 minutes (no stand time necessary)	145°F - 160°F
RIB				
Ribeye Roast, <i>small end</i>	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
		4 to 6	Medium: 1-3/4 to 2 hours	150°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours	135°F
		6 to 8	Medium: 2 to 2-1/2 hours	150°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours	135°F
		4 to 6	Medium: 2-1/2 to 2-3/4 hours	150°F
		4 to 6	Medium Rare: 1-3/4 to 2-1/4 hours	135°F
		4 to 6	Medium: 2 to 2-1/2 hours	150°F
		6 to 8	Medium Rare: 2 to 2-1/2 hours	135°F
		6 to 8	Medium: 2-1/2 to 3 hours	150°F
		4 to 6	Medium Rare: 1-3/4 to 2-1/4 hours	135°F
		4 to 6	Medium: 2-1/4 to 2-3/4 hours	150°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours	135°F
		6 to 8	Medium: 2-3/4 to 3 hours	150°F
		4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours	135°F
		6 to 8 (2-4 ribs)	Medium: 2-1/4 to 2-3/4 hours	150°F
		8 to 10 (4-5 ribs)	Medium Rare: 2-1/2 to 3 hours	135°F
		8 to 10 (4-5 ribs)	Medium: 3 to 3-1/2 hours	150°F
LOIN				
Tenderloin Roast, <i>well-trimmed</i>	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 40 minutes	135°F
		4 to 5 (whole)	Medium: 45 to 50 minutes	150°F
		4 to 5 (whole)	Medium Rare: 50 to 60 minutes	135°F
		4 to 5 (whole)	Medium: 60 to 70 minutes	150°F
SIRLOIN				
Tri-Tip Roast	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes	135°F
			Medium: 40 to 45 minutes	150°F
ROUND				
Round Tip Roast	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours	140°F
		4 to 6	Medium: 2-1/4 to 2-1/2 hours	155°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours	140°F
		4 to 6	Medium: 2-1/2 to 3 hours	155°F
		6 to 8	Medium Rare: 2-1/2 to 3 hours	140°F
		6 to 8	Medium: 3 to 3-1/2 hours	155°F
		2 to 2-1/2	Medium Rare: 1-1/4 to 1-1/2 hours	140°F
	325°F	2 to 2-1/2	Medium Rare: 1-1/2 to 2 hours	135°F
	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
OTHER				
Ground Beef, Meatloaf <i>USDA recommends cooking to an internal temp of Medium (160°F) doneness.</i>	350°F	8 x 4-inch 1-1/2 pounds	Medium: 1-1/4 hours	160°F

*Final internal temperature after 15 to 20 minutes standing time: Medium Rare - 145°F; Medium - 160°F.

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