

GRILL TALK

3 EASY STEPS TO GRILLING BEEF

- 1 Prepare charcoal for 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).
- 2 Season beef with herbs or spices, as desired. Place on cooking grid directly over coals.
- 3 Grill according to chart below, turning occasionally. After cooking, season beef 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
Ribeye Steak	6 to 8 minutes
Rib Steak, small end	6 to 8 minutes
Porterhouse/T-Bone Steak	10 to 12 minutes
Top Loin (Strip) Steak, <i>boneless</i>	10 to 12 minutes
Tenderloin Steak	13 to 15 minutes (for 1" thickness)
Top Sirloin Steak, <i>boneless</i>	13 to 16 minutes
Flank Steak (<i>marinate</i>)	17 to 21 minutes (for 1-1/2 to 2 lb)
Skirt Steak (<i>marinate</i>)	10 to 13 minutes (for 1-1/2 lb; 4- to 6-inch portions)
Top Round Steak (<i>marinate</i>)	8 to 9 minutes (recommend cooking to medium rare (145°F) only)
Chuck Shoulder Steak, <i>boneless (marinate)</i>	14 to 17 minutes
Chuck Top Blade Steak, <i>boneless</i>	18 to 22 minutes (for 1" thickness)
Ground Beef Patties	11 to 13 minutes (for 1/2" x 4" patties; recommend cooking to medium (160°F))

GREEK STEAKS & MUSHROOM KABOBS – 35 minutes

2 boneless beef top loin (strip) steaks, cut 1" thick (1-1/4 lb)
 1 lb medium mushrooms
 1 medium red onion, cut into 1" pieces
 2 tbsp olive oil
 6 lemon wedges
 1/4 cup crumbled feta cheese, optional

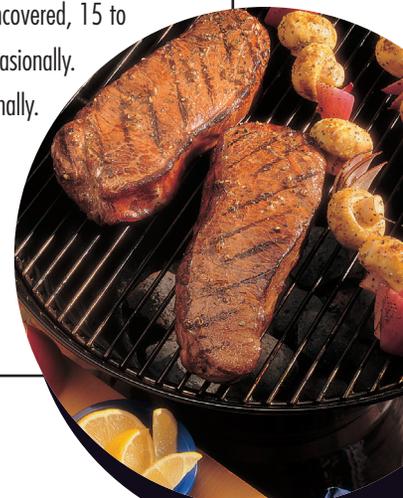
LEMON PEPPER RUB:

3 large cloves garlic, minced
 2-1/2 tsp lemon pepper
 1-1/2 tsp dried oregano

1. Combine rub ingredients. Toss mushrooms and onion with oil and 2 tsp rub. Thread alternately onto six 12" metal skewers; finish with a lemon wedge.
2. Press remaining rub onto beef steaks. Place steaks on grid over medium, ash-covered coals. Place kabobs around steaks. Grill steaks, uncovered, 15 to 18 minutes for medium rare to medium doneness, turning occasionally. Grill vegetables 6 to 8 minutes or until tender, turning occasionally.
3. Remove vegetables from skewers; toss with cheese. Carve steaks; season with salt.

4 SERVINGS

See the reverse side for valuable Consumer Tips!



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.

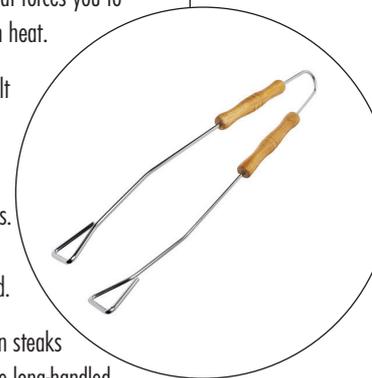
USE THE CORRECT COOKING TEMPERATURE. Using too high heat can lead to overcooking and dry, flavorless steak. Or, it may char the outside before the center has a chance to reach the desired doneness.

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.

