

Grilling: Beef

Grilling Steaks:

For perfect grill marks, cook steaks for half the recommended time, flipping once, then flip again to finish cooking. To test for doneness, do not cut into steaks, because juices will escape. Instead, press steak: the tighter it feels the more well done it is. A more accurate approach is to use an instant-read meat thermometer, cook to 145F for medium-rare, and 160F for medium, or about 5 minutes per side per inch of thickness. When done, let steak rest before cutting so juices retract and stay in the steak. Tent plate/dish lightly with foil to retain heat.

<i>Thickness</i>	<i>Medium Rare (145F/63C)</i>	<i>Medium (160F/71C)</i>	<i>Medium Well (165F/74C)</i>
<i>½ to ¾ inch</i>	<i>3-4 minutes</i>	<i>4-5 minutes</i>	<i>5-6 minutes</i>
<i>1 inch</i>	<i>5-6 minutes</i>	<i>5-7 minutes</i>	<i>7-8 minutes</i>
<i>1 ½ inches</i>	<i>9-10 minutes</i>	<i>10-14 minutes</i>	<i>14-16 minutes</i>
<i>2 inches</i>	<i>11-14 minutes</i>	<i>14-18 minutes</i>	<i>18-20 minutes</i>

- Rare steak feels quite soft to the touch.
- Medium-rare steak has some resistance but yields to the touch.
- Medium steak starts to feel firm but still has some give in center.
- Well done steak feels very firm.

Grilling Steak Kabobs:

From thawed. On a medium heated grill (400F) with oiled grates, cook kabobs for 3-4 minutes a side, or until desired doneness.

Grilling Peppered Steak Bites:

From thawed. Heat grill to medium (400F) and oil grates. In the meantime, drizzle bites with oil and place on grill cooking each side for 3-4 minutes or until desired doneness. These cook quickly and are best if cooked to medium.