

PREPARE PERFECT STEAKS

STEAK PREPARATION TIPS

1. Apply desired dry rubs and seasonings 15-30 minutes before grilling
2. Add marinades 30 minutes to 2 hours in advance. The longer the steaks sit in the marinade, the juicier the flavor gets throughout the steak
3. Bring steaks to room temperature before grilling (approx 20 mins.)

Achieve beautiful grill marks and even cooking throughout by rotating your steaks periodically during grilling using tongs. Be sure to avoid pressing the steaks as this will release juices that keep the steak moist and tender.

TEMPERATURES

The basic internal temperatures to target when cooking steak are:

145°F
Medium-Rare

160°F
Medium

165°F
Medium-Well

steak cut	thickness	gas grilling (covered)	approx. times
Strip Steak	1.5"	Medium Rare (145°F) to Medium (160°F)	11-15 min.
Ribeye Steak	1.5"	Medium Rare (145°F) to Medium (160°F)	9-14 min.
T-Bone or Porterhouse	1.5"	Medium Rare (145°F) to Medium (160°F)	15-19 min.
Tenderloin	1.75"	Medium Rare (145°F) to Medium (160°F)	11-15 min.
Top Sirloin	1.75"	Medium Rare (145°F) to Medium (160°F)	13-16 min.

Grill times may vary based on thickness and temperature of covered grill.

well done -----

medium-well -----

medium-rare -----

rare -----

