



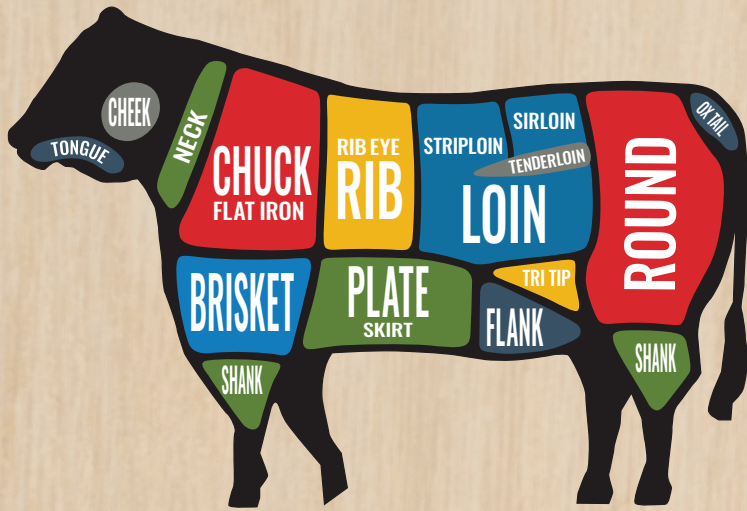
GRILL

LIKE A

TEXAN

BEEF
LOVING
TE★ANS

TEXAS BEEF COUNCIL



SELECT YOUR CUT

Top 6 Cuts for the Grill

BEEF LOVING TEXANS GRILLING 101

Learn expert tips on how to choose, prepare, and grill the perfect steak every time from Beef Loving Texans.



PRIME has the most marbling. It is usually sold to high-end restaurants, although some specialty meat markets and supermarkets may carry it.



CHOICE cuts tend to have a little less marbling. Choice is most widely available in the supermarket.



SELECT has the least amount of marbling, making it leaner and a little less tender than the other two grades.



Rib Eye



Strip



Top Sirloin



Flat Iron



Skirt



Flank



MARINADES & RUBS

FAJITA MARINADE

INGREDIENTS

- ❑ ½ cup fresh lemon juice
- ❑ ¼ cup olive oil
- ❑ 4 cloves garlic, minced
- ❑ 1 Tbsp. fajita seasoning

PREPARATION

- 1 Combine all ingredients in a food-safe plastic bag. Add steaks to bag; turn steak(s) to coat. Close bag securely and marinate in refrigerator for 15 minutes to 2 hours for tender steaks; 6 hours to overnight for less tender steaks, turning occasionally.
- 2 Remove steak(s) from bag; discard marinade.
- 3 Place steak(s) on oiled grates over MEDIUM heat.
- 4 Grill according to the **Cook Times** chart (page 8) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.



A FEW
MINUTES



MAKES
¾ CUP



4
INGREDIENTS

SMOKY PAPRIKA RUB

INGREDIENTS

- ❑ 2 Tbsp. smoked paprika
- ❑ 1½ tsp. sugar
- ❑ 1½ tsp. chili powder
- ❑ 1 tsp. ground black pepper
- ❑ ½ tsp. ground red pepper

Combine the ingredients and apply evenly to steak.



PRO TIP


For safety reasons, always marinate in a refrigerator. Never marinate at room temperature or outdoors when barbecuing.




FIRE UP THE GRILL


HEAT GRILL
 to 400°F




4 x 4 METHOD
TEST HEAT
 Place hand 4 inches above heat source for 4 seconds before the heat requires you to remove your hand = 400°F




PRO TIP
 The single-layered grid pattern (shown above) prevents hot and cold spots on the grill and ensures even cooking.


PRO TIP

Always start with a clean grill. Allow the fire to heat the grates to make cleaning easier. Use a grill brush, ball of tightly wrapped foil, and/or half an onion to remove any remaining bits from the grates.

COOK YOUR STEAK



IT'S EASY!



Place steaks on the grill.



Flip steak when juices begin pooling on the top and it is easily removed from the grates.



Flip steak once only.



PRO TIP

Use tongs instead of a fork to turn steaks. This keeps delicious juices inside and prevents steak from drying out.

COOK TIMES

Approximate Total Cooking Times for Medium Rare (145°F) to Medium (160°F)

BEEF CUT	THICKNESS WEIGHT	CHARCOAL GRILL	GAS GRILL
Flat Iron	8 oz. each	10-14 mins	12-16 mins
Ribeye (boneless)	¾ inch	7-10 mins	7-9 mins
	1 inch	10-14 mins	10-14 mins
Strip	¾ inch	7-10 mins	7-10 mins
	1 inch	11-14 mins	11-15 mins
Top Sirloin	¾ inch	7-11 mins	8-13 mins
	1 inch	11-15 mins	13-16 mins
	1½ inch	22-26 mins	24-30 mins
Skirt	1-1½ lbs.	7-12 mins	8-12 mins
Flank	1½-2 lbs.	11-16 mins	16-21 mins



For a complete grilling timetable, visit:

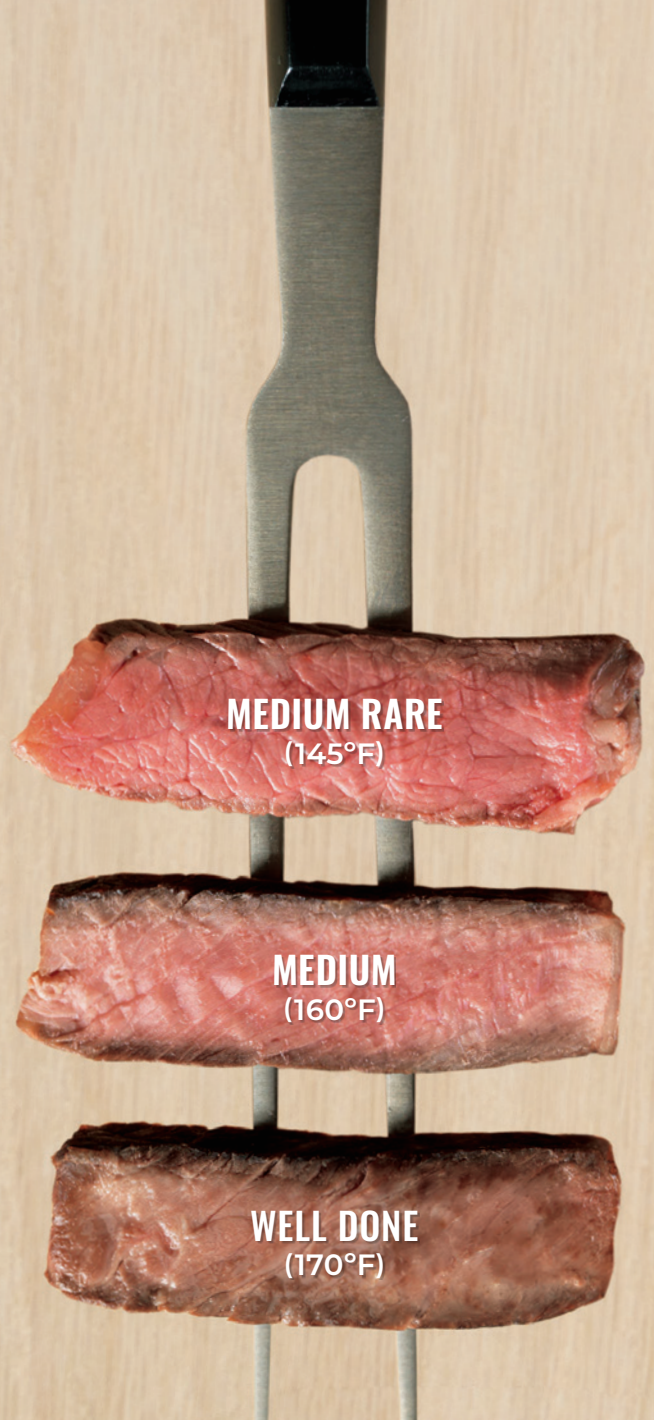
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★ TEST FOR DONENESS



PRO TIP

Insert an instant-read thermometer through the **side of the thickest part** of the steak to get an accurate temperature.



MEDIUM RARE
(145°F)

MEDIUM
(160°F)

WELL DONE
(170°F)



PRO TIP

Allow steak to rest at least 3 minutes before slicing. The temperature will continue to rise during resting.



READY SET GOODNESS



Find your favorite grilling recipes
and check out our Beef Loving
Texans merchandise at:

[BeefLovingTexans.com](https://www.BeefLovingTexans.com)