

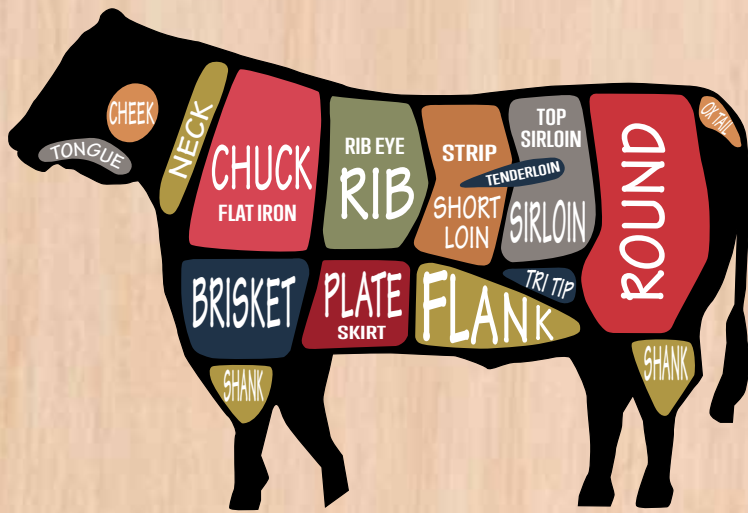


Grill

Like a

Texan

BEEF
LOVING
TE★ANS®



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.



SELECT YOUR CUT

Top 6 Cuts for the Grill



Rib Eye



Strip



Top Sirloin



Flat Iron



Skirt



Flank



MARINADES AND RUBS

Fajita Marinade

INGREDIENTS

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

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 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. Place steak(s) on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill according to the *Cook Times Chart* (refer to page 9) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.



**A FEW
MINUTES**



**MAKES
3/4 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 the refrigerator. Never marinate at room temperature or outdoors when barbecuing.





FIRE UP THE GRILL



HEAT GRILL
to 400°F.



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

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.



PRO TIP

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

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 grates.



Flip steak only once.



PRO TIP

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

COOK TIMES

Approx Total Cooking Time in Minutes
For Medium Rare (145°) to Medium (160°)

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



For a complete grilling timetable, please visit
beeflovingtexans.com



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

Remove beef from heat 5-10 degrees before it reaches your ideal temperature. Beef will continue cooking for about 5 minutes after it's removed from the heat.



REST AND SLICE



PRO TIP

Allow steak to rest before slicing. This will allow the juices to redistribute and the internal temperature to rise to desired doneness without over cooking.

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For recipes, tips and more visit beeflovingtexans.com