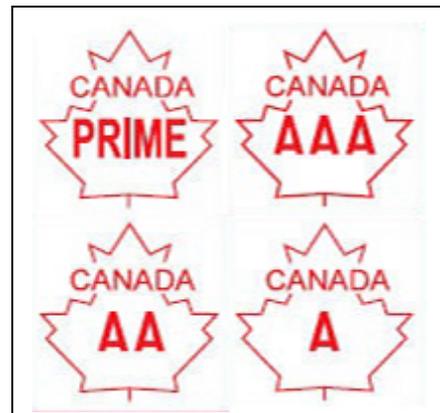
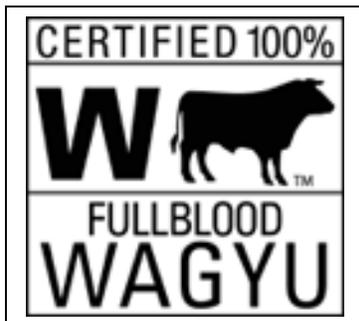


Grill Skills 101

How to Grill a Steak

You will need

- 1 Grill with gas or with charcoal
- 1 Pair of Tongs
- 1 Wire Brush
- 1 Washcloth, hand, terry cloth
- 1 Steak
- 1 Bowl
- 4 oz. Vegetable Oil
- 1-2 tsp. Seasoning Mix
- 1 Drink (Beverage of your choice)



Directions

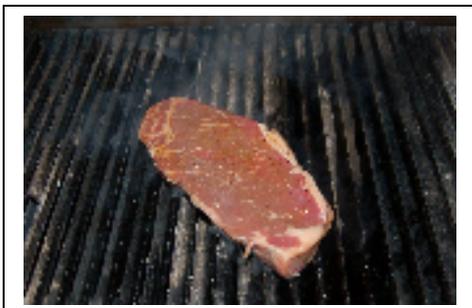
Get the grill "HOT"!! About 400F for home grills and 750F + for the professional grills. Place steak in bowl with 1 oz. of oil and 1 tsp. of seasoning depending on the size of the steak. Massage seasoning into steak. Set aside.



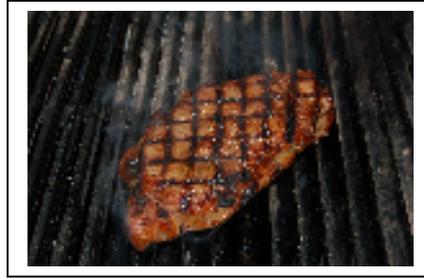
To prepare the grill, brush rails with a wire brush, get them clean from ash, charred pieces or any residue. Dip cloth into oil. Wipe rails with cloth.



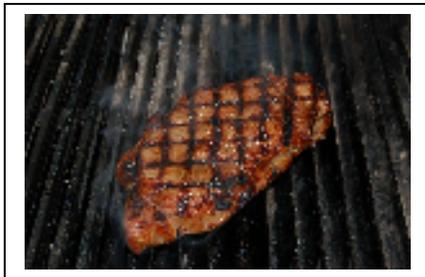
Lay the steak at a 45° angle to the rails on the grill. Cook the steak for 5 minutes or so. The outside edge of the steak will turn gray and juice will rise on the top of the steak. Turn steak over and leave at the same 45° angle. Let the steak cook for 4–5 minutes. The steak will begin to turn gray and the juice will rise on the top. This is a rare steak. One set of stripes on each side of the steak.



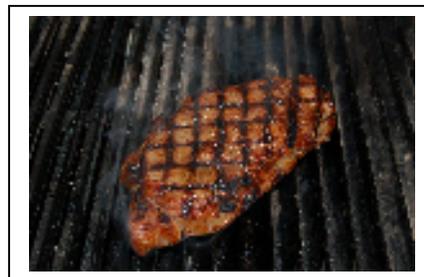
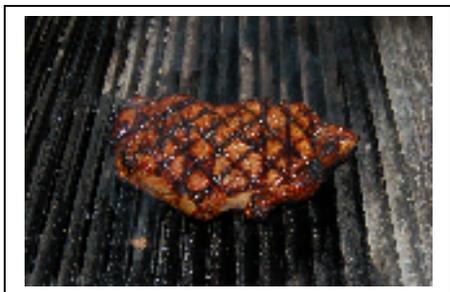
Turn steak over but at a 90° angle in the opposite direction. The steak will still be at a 45° angle to the rails on the grill. Cook the steak for 4 minutes. This is a medium rare steak. One set of stripes on one side and one set of diamond marks on the other side.



Turn steak over again keeping the same 45° angle. Cook the steak 3-4 minutes. This is a medium steak. Two sets of diamond marks on each side of the steak.



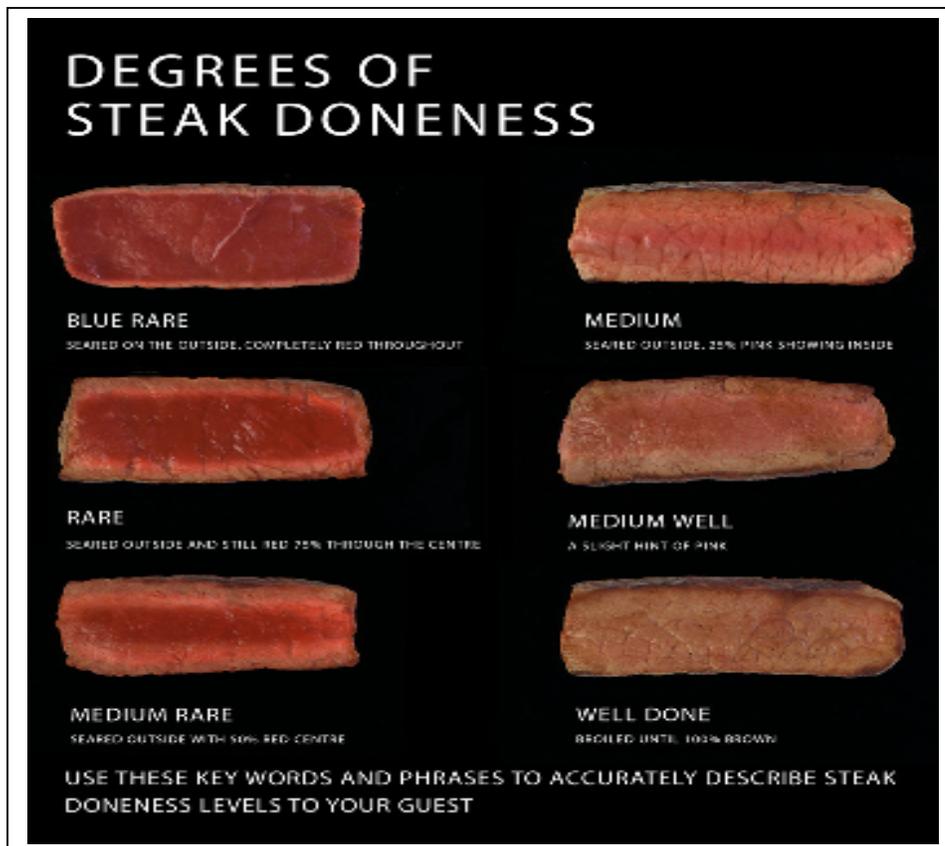
Turn the steak over again, this time in a horizontal position. That is a 90° angle to the grill rails. Cook the steak for 3-4 minutes. This is a medium well steak. One set of diamonds on one side and one set of has marks on the other.



Turn the steak over again keeping it horizontal to the grill rails. Cook the steak 3-4 minutes again. This is a well done steak. Two sets of hash marks on both sides of the steak.



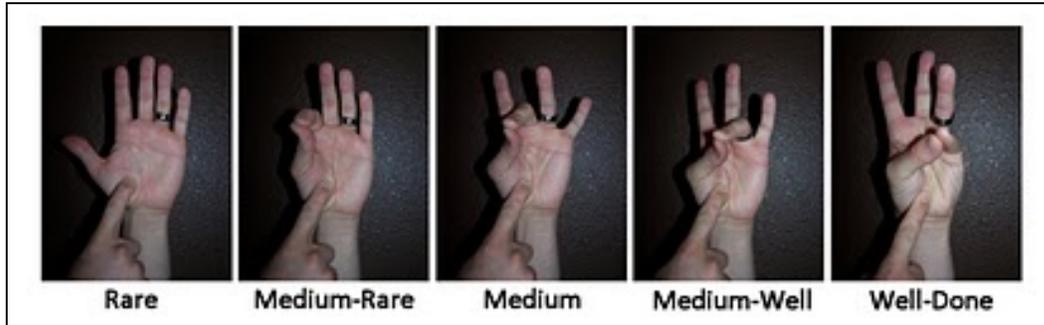
Some guidelines. The thicker the steak the longer it takes to cook on each side. You will know that it's time to turn the steak over to the next position when it "Curls Up" away from the grill rails and juice starts to rise on top of the steak. So a thin steak cooks really fast and a huge steak takes some time. Here's a chart to know the doneness of steaks.



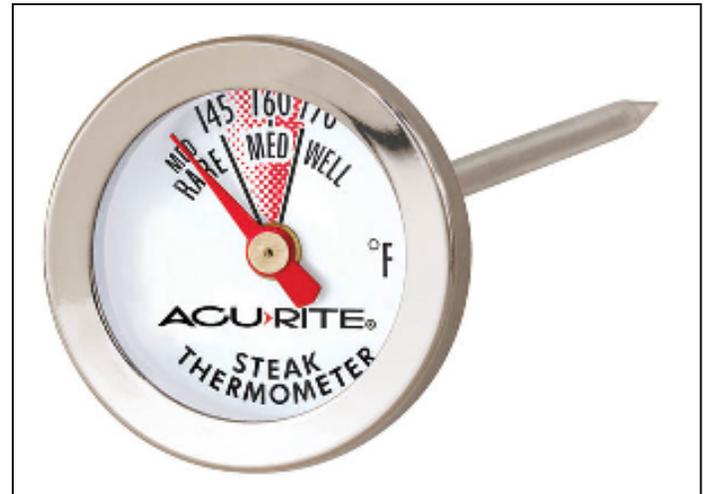
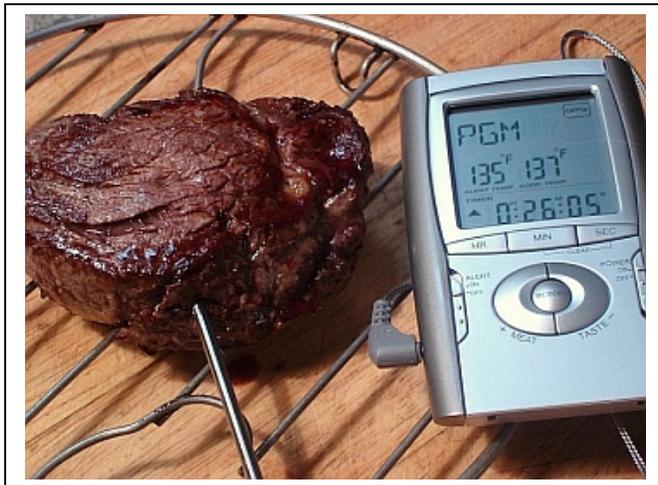
A Man's Cookbook for "THE HERD"

By Robert Sturm

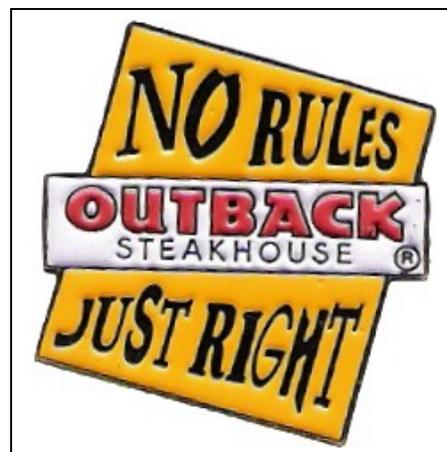
Another help in determining steak doneness is the touch test. Simply follow the chart below.



You can also use a thermometer. But with time you will become a real pro at grilling steaks.



Remember practice makes perfect. Try different types of steaks. Some great cuts to grill are NY Sirloin, Tenderloin or Filet Mignon, Porterhouse, Rib Eye, Cowboy, Hanger, Skirt, Flank, Tri-Tip, T-Bone or even Flat Iron. Try different seasonings or make your own. Just like Outback Steakhouses say:



Beef Made Easy®

Retail Beef Cuts and Recommended Cooking Methods

IT'S WHAT'S FOR DINNER.™

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Section	Cut	Recommended Cooking Methods
Chuck	CHUCK 7-BONE POT ROAST	Skillet, Pot Roast
	CHUCK POT ROAST Boneless	Skillet, Pot Roast
	CHUCK STEAK Boneless	Skillet, Pot Roast
	CHUCK EYE STEAK Boneless	Skillet, Pot Roast
	SHOULDER TOP BLADE STEAK	Skillet, Pot Roast
	SHOULDER TOP BLADE STEAK Flat Iron	Skillet, Pot Roast
	SHOULDER POT ROAST *	Skillet, Pot Roast
	SHOULDER STEAK * Boneless	Skillet, Pot Roast
	SHOULDER CENTER * Ranch Steak	Skillet, Pot Roast
	SHOULDER PETITE TENDER *	Skillet, Pot Roast
	SHOULDER PETITE TENDER MEDALLIONS *	Skillet, Pot Roast
	BONELESS SHORT RIBS	Skillet, Pot Roast
Rib	RIB ROAST	Skillet, Pot Roast
	RIB STEAK	Skillet, Pot Roast
	RIBEYE ROAST Boneless	Skillet, Pot Roast
	RIBEYE STEAK Boneless	Skillet, Pot Roast
	BACK RIBS	Skillet, Pot Roast
Loin	PORTERHOUSE STEAK	Skillet, Pot Roast
	T-BONE STEAK *	Skillet, Pot Roast
	TOP LOIN STEAK * Bone-in	Skillet, Pot Roast
	TOP LOIN STEAK * Boneless	Skillet, Pot Roast
	TENDERLOIN ROAST *	Skillet, Pot Roast
	TENDERLOIN STEAK *	Skillet, Pot Roast
Sirloin	TRI-TIP ROAST *	Skillet, Pot Roast
	TRI-TIP STEAK *	Skillet, Pot Roast
	TOP SIRLOIN STEAK * Boneless	Skillet, Pot Roast
Round	TOP ROUND STEAK *	Skillet, Pot Roast
	BOTTOM ROUND ROAST *	Skillet, Pot Roast
	BOTTOM ROUND STEAK * Western Griller	Skillet, Pot Roast
	EYE ROUND ROAST *	Skillet, Pot Roast
	EYE ROUND STEAK *	Skillet, Pot Roast
	ROUND TIP ROAST *	Skillet, Pot Roast
	ROUND TIP STEAK *	Skillet, Pot Roast
	SIRLOIN TIP CENTER ROAST *	Skillet, Pot Roast
	SIRLOIN TIP CENTER STEAK *	Skillet, Pot Roast
	SIRLOIN TIP SIDE STEAK *	Skillet, Pot Roast
Shank and Brisket	SHANK CROSS CUT *	Skillet, Pot Roast
	BRISKET FLAT CUT *	Skillet, Pot Roast
Plate and Flank	SKIRT STEAK	Skillet, Pot Roast
	FLANK STEAK *	Skillet, Pot Roast
	GROUND BEEF	Skillet, Pot Roast
	CUBED STEAK	Skillet, Pot Roast
	BEEF FOR STEW	Skillet, Pot Roast
Other	BEEF FOR KABOBS	Skillet, Pot Roast
	BEEF FOR STIR-FRY OR FAJITAS	Skillet, Pot Roast

Key to Recommended Cooking Methods

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

*These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed.

Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).

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