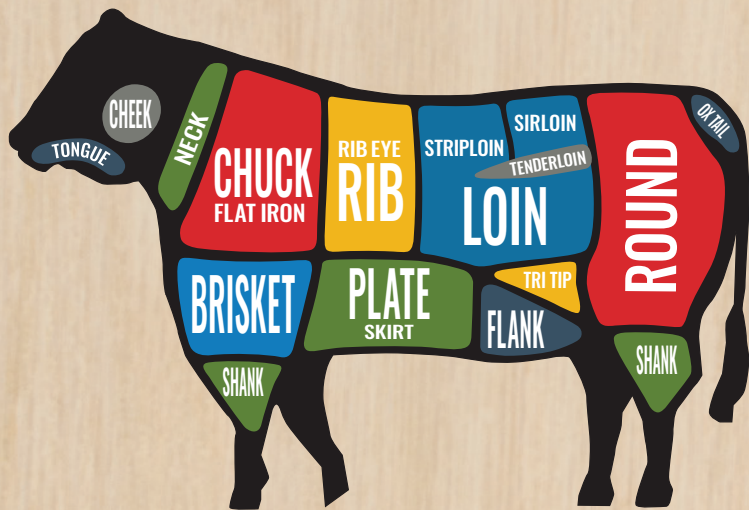




# GRILL --- LIKE A --- TEXAN

**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

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 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:

[BeefLovingTexans.com](http://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

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](http://BeefLovingTexans.com)**