

Steak and Burger Grilling Chart

Beef Cut	Thicknes/Weight	Charcoal Grilling, Uncovered Approximate Total Cooking Time* Medium Rare (145°F) Medium (160°F)	Gas Grilling, Covered Approximate Total Cooking Time* Medium Rare (145°F) Medium (160°F)
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	10 to 14 minutes (grill covered)	12 to 16 minutes
Shoulder Steak	¾ inch	14 to 17 minutes	9 to 12 minutes
Ribeye Steak	¾ inch	6 to 8 minutes	7 to 9 minutes
Proterhouse/T-Bone Steak	¾ inch	10 to 12 minutes	9 to 13 minutes
Top Loin (Strip) Steak	¾ inch	10 to 12 minutes	7 to 10 minutes
Tenderloin Steak	¾ inch	13 to 15 minutes	11 to 15 minutes
Top Sirloin Steak	¾ inch	13 to 16 minutes	8 to 13 minutes
Flank Steak (marinate)	1 ½ to 2 pounds	17 to 21 minutes	16 to 21 minutes
Ground Beef Patties (Cook to 160°F)	½ inch, 4 ounces each	11 to 13 minutes	7 to 8 minutes