

GRASS FED STEAK GRILLING CHART

INSTRUCTIONS FOR PRE-HEATED GAS GRILL OR RED-HOT CHARCOAL:

Bring thawed steaks to room temperature. Sprinkle generously with our Original Steak Seasoning. Sear steaks over maximum heat: on a charcoal grill, sear 1 minute each side; on a gas grill, sear 2 minutes each side, then reduce heat to medium.

Move steaks to indirect heat and continue grilling using the times listed in the chart below. Remove from grill 5° before desired doneness and allow meat to rest 5-10 minutes before serving. Juices will be absorbed into the meat and bring meat up to desired temperature.

KANSAS CITY STRIP, RIBEYE, FLAT IRON, SKIRT, PORTERHOUSE, T-BONE, TOP SIRLOIN

thickness		rare 120°-130°	md. rare 130°-140°	medium 140°-150°
¾ inch	First Side:	4 minutes	6 minutes	6 minutes
	Second Side:	3 minutes	3 minutes	5 minutes
1 inch	First Side:	6 minutes	7 minutes	7 minutes
	Second Side:	4 minutes	5 minutes	5 minutes
1¼ inch	First Side:	6 minutes	7 minutes	7 minutes
	Second Side:	5 minutes	5 minutes	6 minutes
1½ inch	First Side:	7 minutes	8 minutes	9 minutes
	Second Side:	5 minutes	6 minutes	8 minutes

FILET MIGNON, BEEF TENDERLOIN STRIPS AND SEASONED STEAKS

1¼ inch	First Side:	3 minutes	4 minutes	5 minutes
	Second Side:	3 minutes	3 minutes	3 minutes
1½ inch	First Side:	4 minutes	5 minutes	6 minutes
	Second Side:	3 minutes	3 minutes	4 minutes
1¾ inch	First Side:	5 minutes	6 minutes	7 minutes
	Second Side:	3 minutes	5 minutes	5 minutes
2 inch	First Side:	6 minutes	6 minutes	7 minutes
	Second Side:	4 minutes	4 minutes	6 minutes

Cooking times listed are for fully thawed steaks. These are suggested guidelines only. Actual times may vary depending on individual kitchen equipment. We highly recommend using a meat thermometer for additional accuracy.