

Beef Cooking Times and Temperatures

Oven-Baked or Oven-Roasted

Cut	Temperature	Weight	Cooking Time				
			Rare (140°F)	Medium-Rare (145°F)	Medium (160°F)	Medium-Well (165°F)	Well Done (170°F)
Standing Rib Roast (Bone In or BRT)	300–325°F	6–8 lbs.	23–25 min.	24–28 min.	27–30 min.	28–34 min.	32–35 min.
Rib Roast (Boneless)	350°F	4–6 lbs.	18–22 min.	22–26 min.	28–34 min.	34–36 min.	36–38 min.
		6–8 lbs.	15–18 min.	18–22 min.	22–28 min.	28–30 min.	30–32 min.
Eye of Round Roast	325°F	2–3 lbs.	35–38 min.	35–45 min.	45–53 min.	45–60 min.	55–68 min.
Sirloin Tip Roast	300–325°F	3½–4 lbs.	35 min.	36 min.	38 min.	39 min.	40 min.
Rump Roast	300–325°F	4–6 lbs.	25 min.	26 min.	28 min.	29 min.	30 min.
Whole Steak-Ready Tenderloin	425°F	4–5 lbs.	45–60 min.	50–60 min.	60–70 min.		

Note: Start with meat at refrigerated temperature. Remove the meat from the oven when it reaches 5° to 10°F below the desired doneness; the temperature will continue to rise as the meat stands.

Pan Fried

Cut	Size	Cooking Time (for each side)				
		Rare (140°F)	Medium-Rare (145°F)	Medium (160°F)	Medium-Well (165°F)	Well Done (170°F)
Cube Steak	½ inch					6–8 min.
Steak (Porterhouse, Ribeye, Sirloin, T-bone, Tenderloin, Top Loin)	1 inch	8–11 min.	11–12 min.	12–14 min.	14–15 min.	15–17 min.

Pan Broiled

Cut	Size	Cooking Time				
		Rare (140°F)	Medium-Rare (145°F)	Medium (160°F)	Medium-Well (165°F)	Well Done (170°F)
Cube steak	½ inch					5–8 min.
Ribeye Steak	1 inch	15 min.		20 min.		
	1½ inches	25 min.		30 min.		
	2 inches	35 min.		45 min.		
Porterhouse Steak	1 inch	20 min.		25 min.		
	1½ inches	30 min.		35 min.		
	2 inches	40 min.		45 min.		
Tenderloin Steak (Filet Mignon)	1 inch	10 min.		15 min.		
	1½ inches	15 min.		20 min.		
Sirloin Steak	1 inch	20 min.		25 min.		
	1½ inches	30 min.		35 min.		
	2 inches	40 min.		45 min.		

Top Loin Steak	1 inch	15 min.		20 min.		
	1½ inches	25 min.		30 min.		
	2 inches	35 min.		45 min.		
Top Round	1 inch	20 min.		30 min.		
	1½ inches	30 min.		35 min.		
Flank Steak	1–1½ lbs.	12 min.		14 min.		

Oven Broiled

Cut	Size	Cooking Time (for each side)				
		Rare (140°F)	Med-Rare (145°F)	Medium (160°F)	Med-Well (165°F)	Well Done (170°F)
Steak (Porterhouse, Ribeye, Sirloin, T- bone, Tenderloin, Top Loin)	1 inch	5 min.		6 min.		8 min.
Steak (Porterhouse, Ribeye, Sirloin, T- bone, Tenderloin, Top Loin)	2 inches	16 min.		18 min.		20 min.

Grilled with Medium-High Heat

Cut	Size	Cooking Time (for each side)				
		Rare (140°F)	Medium-Rare (145°F)	Medium (160°F)	Medium-Well (165°F)	Well Done (170°F)
Ribeye Steak	¾ inch	5–7 min.	6–8 min.	7–9 min.	8–10 min.	9–11 min.
New York Strip Steak	1 inch	8–10 min.	9–11 min.	10–12 min.	11–13 min.	12–14 min.
Flank Steak	1–1½ lbs.	10–15 min.	14–18 min.	15–19 min.		
Steaks (Porterhouse, Ribeye, Sirloin, T- bone, Tenderloin,	1 inch	6–7 min.	6–8 min.	7–9 min.	8–10 min.	9–11 min.
	1½ inches	10–12 min.	11–13 min.	12–15 min.	14–18 min.	15–19 min.
	2 inches	15–17 min.	16–18 min.	17–19 min.	18–20 min.	19–22 min.
Ribs (Back)	cut in 1–rib portions			10 min.		
Tenderloin	Half: 2–3 lbs.		10–12 min.			
	Whole: 4–6 lbs.		12–15 min.			

Note: When grilling with indirect heat generally the coals (or burners on a gas grill) are heated to a high heat. When grilling with direct heat the coals (or burners on a gas grill) are heated to a medium heat. Use these heat settings unless you have a recipe that states something different.