

Cooking times

Here's how long you should keep steaks on the heat for grilling perfection. Cooking times are in minutes and based on fully-thawed steaks. You can print this out and keep it on the refrigerator.

		THICKNESS						
		1/2"	3/4"	1"	1 1/4"	1 1/2"	1 3/4"	2"
Rare 120° to 130°F	First Side	2	4	5	5	6	7	8
	After Turning	2	2	3	4	4	5	6
Medium Rare 130° to 140°F	First Side	3	4	5	6	7	8	9
	After Turning	2	3	4	5	5	6	8
Medium 140° to 150°F	First Side	4	5	6	7	7	8	10
	After Turning	2	3	4	5	6	7	8
Well Done 160° to 170°F	First Side	5	7	8	9	10	11	13
	After Turning	3	5	6	7	8	9	11