

# 3 SIMPLE STEPS FOR INDIRECT GRILLING BEEF

STEP 1

## READY YOUR GRILL

Prepare grill (gas or charcoal) for indirect cooking according to manufacturer's directions for medium heat. For charcoal grilling, position an aluminum drip pan in center under cooking grid to catch beef juices.



The drip pan is important for diverting the rising heat and avoiding dangerous grill flare-ups.

## What is indirect grilling?

As the name suggests, indirect grilling positions the food on the grill rack away from or to the side of the heat source instead of directly over it. Keeping the lid closed lets the grill cook like an oven, with the heat reflecting off interior surfaces and cooking the food from all sides.

STEP 2

## PREPARE YOUR BEEF



Remove from refrigerator; season with herbs and spices, as desired.



Place on cooking grid.

Cover with grill lid and grill 40 to 80 minutes (depending on cut and size), turning once.

40-80  
Mins



## Recommended Cuts

Ribeye Petite Roast  
Strip Petite Roast\*  
Top Sirloin Petite Roast\*  
Coulotte Roast\*  
(\*indicates lean)

STEP 3

## FINISH AND SERVE

135°F  
MEDIUM RARE

145°F  
MEDIUM



Remove roast from grill when instant read thermometer inserted into thickest part of roast registers 135°F for medium rare; 145°F for medium doneness.



10-15  
Mins

Transfer roast to carving board and tent loosely with aluminum foil. Let stand 10 to 15 minutes.

Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium doneness.

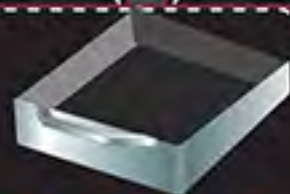


Season beef with salt after carving, as desired.

## Beef Coach's Tips:

### Tip №1:

Like **oven roasting**, indirect grilling requires little attention. Once you place the grill cover over the roast, you're free to move on to the side dishes – or just relax with your beverage of choice.



**Best Tool:**  
Grill and drip pan

### Tip №2:

Resting time is important because it allows the juices to stay in the meat, becoming easier to carve and serve.

BEEF

Funded by the Beef Checkoff.

For simple meal ideas, **nutrition** and **cooking information** as well as other great cuts for indirect grilling, visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

© 2013, CATTLEMEN'S BEEF BOARD AND NATIONAL CATTLEMEN'S BEEF ASSOCIATION