



# Better Homes and Gardens

## Broiling: Meat

<b>Cut:</b>	<b>Thickness/ Weight:</b>	<b>Approximate Broiling Time:</b>	<b>Doneness:</b>
<b>BEEF</b>			
<b>Boneless steak</b> (ribeye, tenderloin, top loin)	1 inch	12 to 14 minutes 15 to 18 minutes	145 degrees F medium rare 160 degrees F medium
<b>Boneless steak</b> (ribeye, tenderloin, top loin)	1-½ inches	18 to 21 minutes 22 to 27 minutes	145 degrees F medium rare 160 degrees F medium
<b>Boneless top sirloin steak</b>	1 inch	15 to 17 minutes 20 to 22 minutes	145 degrees F medium rare 160 degrees F medium
<b>Boneless top sirloin steak</b>	1-½ inches	25 to 27 minutes 30 to 32 minutes	145 degrees F medium rare 160 degrees F medium
<b>Boneless tri-trip steak</b> (bottom sirloin)	¾ inch	6 to 7 minutes 8 to 9 minutes	145 degrees F medium rare 160 degrees F medium
<b>Boneless tri-trip steak</b> (bottom sirloin)	1 inch	9 to 10 minutes 11 to 12 minutes	145 degrees F medium rare 160 degrees F medium
<b>Flank steak</b>	1-¼ to 1-¾ pounds	15 to 18 minutes	160 degrees F medium
<b>Steak with bone</b> (porterhouse, rib, T-bone)	1 inch	12 to 15 minutes 15 to 20 minutes	145 degrees F medium rare 160 degrees F medium
<b>Steak with bone</b> (porterhouse, rib, T-bone)	1-½ inches	20 to 25 minutes 25 to 30 minutes	145 degrees F medium rare 160 degrees F medium
<b>GROUND MEAT</b>			
<b>Patties</b> (beef, lamb, pork, or veal)	½ inch ¾ inch	10 to 12 minutes 12 to 14 minutes	160 degrees F medium 160 degrees F medium
<b>LAMB</b>			
<b>Chop</b> (loin or rib)	1 inch	10 to 15 minutes	160 degrees F medium
<b>Chop</b> (sirloin)	1 inch	12 to 15 minutes	160 degrees F medium
<b>PORK</b>			
<b>Chop with bone</b> (sirloin)	¾ to 1 inch	10 to 13 minutes	160 degrees F medium
<b>Chop boneless</b> (top loin)	¾ to 1 inch 1-¼ to 1-½ inches	9 to 11 minutes 15 to 18 minutes	160 degrees F medium 160 degrees F medium
<b>Chop</b> with bone (loin or rib)	¾ to 1 inch 1-¼ to 1-½ inches	9 to 12 minutes 16 to 20 minutes	160 degrees F medium 160 degrees F medium
<b>Ham slice, cooked</b>	1 inch	12 to 15 minutes	140 degrees F heated through



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## Broiling: Meat (*continued*)

<b>Cut:</b>	<b>Thickness/ Weight:</b>	<b>Approximate Broiling Time:</b>	<b>Doneness:</b>
<b>SAUSAGES</b>			
<b>Frankfurters and sausage links, cooked</b>		3 to 7 minutes	140 degrees F heated through
<b>VEAL</b>			
<b>Chop</b> (loin or rib)	$\frac{3}{4}$ to 1 inch 1- $\frac{1}{2}$ inches	14 to 16 minutes 21 to 25 minutes	160 degrees F medium 160 degrees F medium

All cooking times are based on meat removed directly from refrigerator.