

BEEF Cooking Temperatures and Times

Oven Baked			Approximate Cooking Time (Minutes per pound)				
Cut	Oven Temp.	Weight	Rare (140°F)	Med-rare (145°F)	Medium (160°F)	Med-well (165°F)	Well (170°F)
Standing rib (ribs 6-7 inches long)	300-325°F	6-8 lbs	23-25 min	24-28 min	27-30 min	28-34 min	32-35 min
Rib roast (chine bone removed)	350°F	4-6 lbs 6-8 lbs	18-22 min 15-18 min	22-26 min 18-22 min	28-34 min 22-28 min	34-36 min 28-30 min	36-38 min 30-32 min
Rib eye roast	350°F	4-6 lbs	18-20 min	20-22 min	20-24 min	22-24 min	22-26 min
Eye round roast	325°F	2-3 lbs	35-38 min	35-45 min	45-53 min	45-60 min	55-68 min
Round tip roast	325°F	3-4 lbs 6-8 lbs	28-30 min 16-18 min	30-35 min 18-20 min	38-45 min 23-25 min	45-48 min 25-28 min	48-50 min 28-30 min
Sirloin tip	300-325°F	3 1/2-4 lbs	35 min	36 min	38 min	39 min	40 min
Rolled rib	300-325°F	5-7 lbs	32 min	35 min	38 min	43 min	48 min
Rolled rump	300-325°F	4-6 lbs	25 min	26 min	28 min	29 min	30 min
Whole tenderloin	425°F	4-5 lbs	45-60 min total	50-60 min total	60-70 min total		
Half tenderloin	425°F	2-3 lbs		35-40 min total	45-50 min total		
Meatloaf	350°F	1 1/2 lb			1 1/4 hr total		
Start with meat at refrigerator temperature. Remove meat from oven when it reaches 5° to 10°F below desired doneness. The temperature will continue to rise as the meat stands.							
Pan Fried			Approximate Cooking Time				
Cut	Thickness		Rare (140°F)	Med-rare (145°F)	Medium (160°F)	Med-well (165°F)	Well (170°F)
Cube steak	1/2 inch						6-8 min
Steak	1 inch		8-11 min	11-12 min	12-14 min	14-15 min	15-17 min
Pan Broiled			Approximate Cooking Time				
Cut	Thickness		Rare	Med-rare	Medium	Med-well	Well

		(140°F)	(145°F)	(160°F)	(165°F)	(170°F)
Cube steak	1/2 inch					5-8 min
Rib eye steak	1 inch 1 1/2 inch 2 inch	15 min 25 min 35 min		20 min 30 min 45 min		
Porterhouse steak	1 inch 1 1/2 inch 2 inch	20 min 30 min 40 min		25 min 35 min 45 min		
Chuck blade steak	3/4 inch 1 inch 1 1/2 inch	14 min 20 min 35 min		20 min 25 min 40 min		
Tenderloin steak	1 inch 1 1/2 inch	10 min 15 min		15 min 20 min		
Sirloin steak	1 inch 1 1/2 inch 2 inch	20 min 30 min 40 min		25 min 35 min 45 min		
Top loin steak	1 inch 1 1/2 inch 2 inch	15 min 25 min 35 min		20 min 30 min 45 min		
Top round	1 inch 1 1/2 inch	20 min 30 min		30 min 35 min		
Flank steak	1-1 1/2 lbs	12 min		14 min		
Hamburger patty	1 inch	8 min		12 min		
Broiled in Oven		Approximate Cooking Time for each side				
Cut	Thickness	Rare (140°F)	Med-rare (145°F)	Medium (160°F)	Med-well (165°F)	Well (170°F)
Steak	1" thick	5 min		6 min		8 min
	2" thick	16 min		18 min		20 min
Grilled over med.-hot fire		Approximate Cooking Time for each side				
Cut	Thickness/Weight	Rare (140°F)*	Med-rare (145°F)*	Medium (160°F)	Med-well (165°F)	Well (170°F)

Rib eye	3/4 inch	5-7 min	6-8 min	7-9 min	8-10 min	9-11 min
New York strip	1 inch	8-10 min	9-11 min	10-12 min	11-13 min	12-14 min
Flank steak	1-1 1/2 lbs	10-15 min	14-18 min	15-19 min		
Steaks: Porterhouse, rib, ribeye, sirloin, T-bone, tenderloin, top loin	1 inch	6-7 min	6-8 min	7-9 min	8-10 min	9-11 min
	1 1/2 inch	10-12 min	11-13 min	12-15 min	14-18 min	15-19 min
	2 inch	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			
Hamburger patty*	1 inch thick/6-oz	4 min	5 min	6 min	7 min	8 min

*Hamburgers should be cooked to at least 160°F to eliminate the small risk of food-borne illnesses in small children, the elderly and those with compromised immune systems.

Cooked at 325°F in Oven Bag	Total Weight	Approximate Cooking Time			Add Water to Oven Bag	Meat Thermometer Temperature
		Regular Size 10"x16"	Large Size 14"x20"	Turkey Size 19"x23 1/2"		
Cut						
Chuck pot roast, boneless	1 1/2-2 1/2 lbs 3-5 lbs	1 3/4-2 hrs	2 1/2-3 hrs		1/2 cup 1/2 cup	Fork Tender Fork Tender
Tri-tip roast	1 1/2-2 lbs	50-55 min			None	145°F
Round tip roast (sirloin top)	3-4 lbs 4-8 lbs	1 1/2-1 3/4 hrs	1 1/2-2 1/2 hrs		1/4 cup 1/4 cup	145°F 145°F
Eye of round roast	2-3 lbs	1-1 1/4 hrs			1/4 cup	145°F
	3-5 lbs		1 1/4-1 3/4 hrs		1/4 cup	145°F
Top round (London broil)	3-3 1/2 lbs		55-60 min		1/2 cup	145°F
Rump roast	2-4 lbs	1 1/2-2 hrs			1/4 cup	160°F

	4-8 lbs		2-2 1/2 hrs		1/4 cup	160°F
Bottom round roast	2-4 lbs	1 1/2-2 hrs			1/4 cup	160°F
	4-8 lbs		2-2 1/2 hrs		1/4 cup	160°F
Prime rib roast	2-3 lbs	3/4-1 1/4 hrs			None	145°F
	3-5 lbs		1 1/2-2 hrs		None	145°F
Beef rib roast, small end, 4 ribs	8-10 lbs			2 1/2-2 3/4 hrs	None	145°F
Brisket, boneless, whole	8-10 lbs			3-3 1/4 hrs	1/2 cup	Fork Tender
Brisket, boneless, half	2-3 lbs	1 1/2-2 hrs			1/2 cup	Fork Tender
	3-5 lbs		2 1/2-3 hrs		1/2 cup	Fork Tender
Corned beef brisket	2-3 lbs	2 1/2-3 hrs			1/2 cup	Fork Tender
	3-5 lbs		3-3 1/2 hrs		1/2 cup	Fork Tender
Preheat oven to 325°F. Add 1 Tbsp. flour to oven bag. Remove beef from oven when meat thermometer reaches temperature listed or when meat is fork tender. If using a Turkey Size oven bag for foods smaller than 12 lbs., gather oven bag loosely around food, allowing room for heat circulation, close with nylon tie and cut away excess oven bag.						