



HeartBrand® Beef

Suggested Grilling Times

Be good to your heart! Follow these suggested grilled times for your HeartBrand® Beef Akaushi steaks to help ensure succulent, supremely-rich flavor every time. After just one bite, you will agree that HeartBrand® Beef has redefined perfection.

Grilled Over Medium-Hot Flame		Approximate Total Cooking Time				
Cut	Thickness/ Weight	Rare (140° F)*	Med-Rare (145° F)*	Medium (160° F)	Med-Well (165° F)	Well (170° F)
Flank steak	1 - 1 1/2 lbs.	10-15 min.	14-18 min.	15-19 min.		
Steaks: ribeye, sirloin, tenderloin, top loin	1 inch	6-7 min.	6-8 min.	7-9 min.	8-10 min.	9-11 min.
	1 1/4 inch	8-10 min.	9-11 min.	10-12 min.	11-14 min.	12-15 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-rack 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.

**We recommend you cook hamburger patties to at least 160°F or above.*