

## Beef Grilled to Perfection

Step up your grilling game with these tips and tricks that result in the best steaks, burgers, kabobs, and more.

- Make sure to pre-heat your grill before putting any meat on the grill. Just like an oven, grills must be pre-heated to make sure meat is cooked at the right temperature for the entire cooking time. Don't rush the process. Cooking at a medium heat enables the beef to reach optimal caramelization while still developing rich flavors.
- Ensure beef is dry before putting it on the grill. If you dry your meat before grilling, you will end with a nice, crispy, and savory skin at the end. Seasonings will also stick to the surface better and not run off with the extra moisture.
- Don't forget the thermometer. Be sure to keep track of the internal temperature for the best possible steaks and burgers. Ground beef should always be cooked to an internal temperature of 160°F, while muscle cuts, like steaks, should be cooked to an internal temperature of at least 145°F.
- Try mixing it up and adding a marinade or seasoning to give your beef just a little bit of extra flavor. Marinading your beef will bring you to the next level when it comes to grilling.

**Rare\***  
125°F



**Medium Rare\***  
135°F



**Medium**  
145°F



**Medium Well**  
150°F



**Well Done**  
160°F

