



ALL NATURAL • FARM TO TABLE
HIGH QUALITY MEATS

SpringRiverCattleCompany.com

Broiling Meats

Place the meat on an unheated rack of a broiler pan. Place the meat 3 to 5 inches away from the heat depending on the thickness of the meat. Broil for the specified time or until done; turning the meat over halfway through the cooking time.

THAW MEATS TO ROOM TEMPERATURE AND USE A MEAT THERMOMETER FOR BEST RESULTS

Beef			
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Flank Steaks	3/4 inch	Medium	12 to 14 minutes
	1 inch	Medium rare	14 to 16 minutes
Steaks (chuck, top, round)	1-1/2 inches	Medium	16 to 20 minutes
		Medium rare	18 to 20 minutes
	1 inch	Medium	20 to 25 minutes
		Medium rare	10 to 12 minutes
Steaks (T-bone, tenderloin, sirloin)	1-1/2 inches	Medium	12 to 15 minutes
		Medium rare	16 to 20 minutes
	Medium	20 to 25 minutes	

Lamb			
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Loin / Rib chops	1 inch	Medium	7 to 11 minutes
Sirloin Chops	3/4 to 1 inch	Medium	12 to 15 minutes

Pork			
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Boneless Loin Chop	3/4 to 1 inch	Medium (160°)	6 to 8 minutes
	1-1/4 to 1-1/2 inches	Medium (160°)	11 to 15 minutes
Loin or Rib Chop (bone-in)	3/4 inch	Medium (160°)	8 to 10 minutes
	1-1/4 to 1-1/2 inches	Medium (160°)	18 to 22 minutes
Ham Slices	1 inch	Heated	14 to 16 minutes



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Sausages

<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Fresh Bratwurst		Well done	10 to 12 minutes
Franks and Fully Cooked Sausages		Heated	3 to 5 minutes

Ground Meat Patties

<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Ground Beef	1/2 inch	Medium to Well Done	10 to 12 minutes
	3/4 inch	Medium to Well Done	12 to 14 minutes
Ground Lamb	1/2 inch	Medium to Well Done	10 to 12 minutes
	3/4 inch	Medium to Well Done	12 to 14 minutes
Ground Pork	1/2 inch	Medium to Well Done	10 to 12 minutes
	3/4 inch	Medium to Well Done	12 to 14 minutes

Veal

<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Time</u>
Loin / Rib Chops	3/4 to 1 inch	Medium	14 to 16 minutes