

# <<str8 shots>> How Long To Grill A 1 Inch T Bone Steak? Chef's Resource Mastering the Grill The Ultimate Guide to.

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Generally grilling a 1 inch T bone steak takes approximately 8-12 minutes total, flipping halfway through for medium rare but the time can vary based on grill temperature, steak thickness, and preferred doneness.

Do you like this article? Jul 8, 2025 One of the most common cuts of meat, the T bone steak, is both flavorful and versatile, making it a favorite among barbecue enthusiasts.

In this comprehensive guide, we'll cover everything you need to know about how long to cook a 1 inch T bone on the grill, ensuring that you serve up a tender and juicy steak every time. A 1 inch steak is commonly regarded as the standard thickness for grilling.

The ideal doneness for a steak varies based on personal preference and understanding how long to grill your steak is crucial to achieving the perfect result.

**Factors Affecting Cooking Time:** Several variables will impact the cooking time of your steak. For the perfect medium rare, a 1 inch T bone steak should be grilled for 10-13 minutes for a 1 inch steak and 14-17 minutes for a 1 inch steak, turning about 1 minute before the halfway point. A meat thermometer should read 130°F.

Rest your steaks for 5 minutes before serving, covering lightly with foil. The temperature of the meat will continue to rise about 5°F during this time. This is called **Cooking Time**. Most T bone steaks take about 15-20 minutes to cook on the grill to medium rare and another 5-10 minutes for resting.

If you like your steak cooked more, plan on adding another 2-5 minutes of cook time per doneness level. For instance, 20-25 minutes for medium. Thicker T bone steaks can also take a bit more time than the standard 1 inch cuts.

**Final Temperature:** Knowing what to do to master the art of grilling the perfect T bone steak on a charcoal grill with our comprehensive guide. Discover essential tips on setup, cooking times, and doneness levels tailored to your preferences.

Learn about the unique characteristics of this prized cut and gain insights into seasoning and marinades.

With our expert advice, achieve a mouthwatering sear and juicy tenderness that will impress your guests. **Cooking Methods:** There are several ways to cook a 1 inch T bone steak, including grilling, pan searing, and oven broiling.

Each cooking method has its own unique advantages and disadvantages, and the best method for you will depend on your personal preferences and the equipment you have available. **Grilling:** A 1 inch T bone steak is a popular way to cook a T bone steak. The key to the best grilled T bone steak is to start over low heat with the tenderloin away from the heat source, then finish it over blazing hot coals.

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