HOORVIA — AIR FRYER BEEF & STEAK COOKING TIMES CHEAT SHEET

Quick Reference Cheat Sheet • Steak Thickness & Doneness Matrix • Burgers, Roasts & Fajitas • US Letter (8.5" × 11")

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■ STEAK COOKING TIMES BY THICKNESS & DONENESS (AT 400°F / 200°C)

Steak Cut & Thickness	Rare (125°F / 52°C)	Med-Rare (135°F / 57°C)	Medium (145°F / 63°C)	Rest Time
Ribeye / NY Strip (1-inch thick)	7–8 min	9–10 min	11–12 min	5 min
Ribeye / NY Strip (1.5-inch thick)	10–11 min	12–14 min	15–16 min	7 min
Top Sirloin Steak (1-inch thick)	6–7 min	8–10 min	11–12 min	5 min
Filet Mignon / Tenderloin (1.5-inch)	9–10 min	11–13 min	14–15 min	6 min
Filet Mignon / Tenderloin (2-inch)	12–13 min	14–16 min	17–18 min	8 min
Flank / Skirt Steak (3/4-inch thin)	5–6 min	6–8 min	9–10 min	5 min (Slice against grain)

■ GROUND BEEF, BURGERS & MEATBALLS

Beef Cut / Dish	Temp (°F / °C)	Cooking Time	Flip & USDA Safe Temp Note
Smash / Thin Burger Patty (3 oz)	400°F / 200°C	6–7 min	Flip at 4 min • Safe: 160°F / 71°C
Standard Burger Patty (1/4 lb / 4 oz)	375°F / 190°C	8–10 min	Flip at 5 min • Safe: 160°F / 71°C
Thick Pub Burger (1/3 lb / 6 oz)	370°F / 188°C	11–13 min	Press dimple in center • Safe: 160°F / 71°C
Stuffed Juicy Lucy Burger (8 oz)	360°F / 180°C	14–16 min	Seal edges tightly; flip carefully at 8 min
Homemade Beef Meatballs (1.5-inch)	380°F / 195°C	10–12 min	Shake basket at 6 min • Safe: 160°F / 71°C
Mini Meatloaf (1 lb loaf)	360°F / 180°C	24–28 min	Glaze with ketchup last 5 min • Safe: 160°F / 71°C

■ BEEF ROASTS, SKEWERS & QUICK CUTS

Beef Cut / Dish	Temp (°F / °C)	Cooking Time	Prep & Serving Note
Garlic Butter Steak Bites (1-inch)	400°F / 200°C	5–7 min	Preheat 5 min! Shake at 3 min so cubes sear
Beef Fajita Strips (w/ Peppers)	390°F / 200°C	8–10 min	Toss in 1 tbsp oil; shake halfway
Beef Kabobs / Skewers	390°F / 200°C	9–11 min	Turn halfway; soak wooden skewers 20 min
Eye of Round / Sirloin Roast (2 lbs)	360°F / 180°C	32–38 min	Pull at 130°F for med-rare; rest 15 min
Beef Short Ribs (Flanken Style)	390°F / 200°C	10–12 min	Flip halfway; great with soy-garlic marinade

PRO TIP: Pull whole steaks out of the air fryer 5°F BELOW your target doneness (e.g., pull at 130°F for a 135°F Medium-Rare finish). Top with a pat of compound herb butter while resting for 5 minutes.
USDA SAFE MINIMUM INTERNAL TEMPS: Poultry: 165°F (74°C) • Ground Beef/Pork: 160°F (71°C) • Whole Steaks, Chops & Seafood: 145°F (63°C)

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