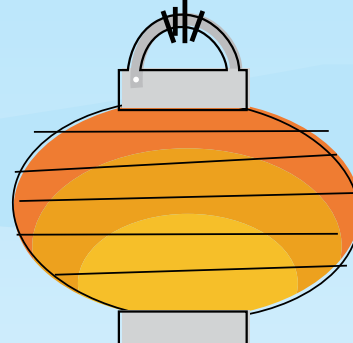


Grilling

Charts

for Meats

Guide to Times and Temperatures



Beef



Use this guide to determine how long to leave your beef on the grill.

Beef should have an internal temp between 145 to 160°F (63 to 70°C), depending on how well done you prefer your steak and burgers.

Cut		Method	Heat	Time	Internal Temp (Minimum)
Steaks	3/4 in. thick	Direct	High	3 to 5 min. per side	145°F (63°C)
	1 1/2 in. thick	Direct	High	7 to 8 min. per side	145°F (63°C)
	2 in. thick	Direct	High	10 to 12 min. per side	145°F (63°C)
Kabobs	1 in. cubes	Direct	High	3 to 4 min. per side	145°F (63°C)
Hamburger Patties	1/2 in. thick	Direct	High	3 min. per side	160°F (70°C)
Roast	4 to 6 lbs	Indirect	Medium	18 to 22 min. per side	145°F (63°C)
Sirloin Tip	3 1/2 to 4 lbs	Indirect	Medium	20 to 25 min. per side	145°F (63°C)
Back Ribs	single ribs	Direct	High	10 min. per side	160°F (70°C)
	rib rack	Indirect	Medium	3 hours	160°F (70°C)
Tenderloin	2 to 3 lbs	Direct	High	10 to 12 min. per side	145°F (63°C)
	4 to 6 lbs	Direct	High	12 to 15 min. per side	145°F (63°C)

Veal

Cut		Method	Heat	Time	Internal Temp (Minimum)
Steaks	1 in. thick	Direct	High	5 to 7 min. per side	145°F (63°C)
Chops	1 in. thick	Direct	High	5 to 7 min. per side	145°F (63°C)
Boneless Roast	2 to 3 lbs	Indirect	Medium	18 to 22 min. per side	145°F (63°C)



Fresh Pork

Pork needs to reach an internal temperature of 160°F (70°C).

Cut		Method	Heat	Time	Internal Temp (Minimum)
Chops	3/4 in. thick	Direct	High	3 to 4 min. per side	160°F (70°C)
	1 1/2 in. thick	Direct	High	7 to 8 min. per side	160°F (70°C)
Tenderloin	1/2 to 1 1/2 lbs	Direct	High	7 to 12 min. per side	160°F (70°C)
Ribs	2 to 4 lbs	Indirect	Medium	1 1/2 to 2 hours	160°F (70°C)
Patties	1/2 in. thick	Direct	High	4 to 5 min. per side	160°F (70°C)



Cut		Method	Heat	Time	Internal Temp (Minimum)
Fully Cooked	any size	Indirect	Medium	8 to 10 min. per pound	140°F (60°C)
Cook-Before-Eating	10 to 14 lbs	Indirect	Medium	30 to 35 min. per pound	160°F (70°C)
	5 to 7 lbs	Indirect	Medium	12 to 18 min. per pound	160°F (70°C)
	3 to 4 lbs	Indirect	Medium	12 to 18 min. per pound	160°F (70°C)



Chicken and Poultry



Chicken and other poultry should be cooked to 165°F (75°C). Clear juices are not a good indicator of doneness. Depending on the age of the fowl, the juices might not run clear until the bird is overcooked.

Cut	Method	Heat	Time	Internal Temp (Minimum)	
CHICKEN					
Whole Broiler or Fryer	3 to 4 lbs	Indirect	Medium	60 to 75 min.	165°F (75°C)
Breast	6 to 8 ounces	Direct	Medium/High	10 to 15 min. per side	165°F (75°C)
Boneless Breast	4 ounces	Direct	High	6 to 8 min. per side	165°F (75°C)
Wings	2 to 3 ounces	Direct	Medium/High	8 to 12 min. per side	165°F (75°C)
CORNISH HEN					
Whole Roasting Hen	5 to 7 lbs	Indirect	Medium	18 to 25 min. per pound	165°F (75°C)

Turkey

Cut	Method	Heat	Time	Internal Temp (Minimum)	
Whole Turkey	8 to 12 pounds	Indirect	Medium	2 to 3 hours	165°F (75°C)
	12 to 16 pounds	Indirect	Medium	3 to 4 hours	165°F (75°C)
Breasts	6 to 8 ounces	Direct	High	10 to 15 min. per side	165°F (75°C)
Thighs and Drumsticks	8 to 16 ounces	Direct	High	10 to 15 min. per side	165°F (75°C)
Boneless Turkey Roll	2 to 5 pounds	Indirect	Medium	1 1/2 to 2 hours	165°F (75°C)
	5 to 10 pounds	Indirect	Medium	2 to 3 1/2 hours	165°F (75°C)





Lamb is medium rare when the internal temperature reaches 145°F (63°C), and is well done at 160°F (70°C).

Cut		Method	Heat	Time	Internal Temp (Minimum)
Steaks	1 in. thick	Direct	High	5 min. per side	145°F (63°C)
Chops	1 in. thick	Direct	High	5 min. per side	145°F (63°C)
Kabobs	1 in. cubes	Direct	High	4 min. per side	145°F (63°C)
Patties	1/2 in. thick	Direct	High	3 min. per side	160°F (70°C)
Leg, Butterflied	4 to 7 lbs	Indirect	Medium	40 to 50 min	145°F (63°C)

Notes about grilling seafood

Fish comes in many varieties and requires a different kind of doneness test. In general, fish becomes opaque as it cooks. When the fish is done, it will flake easily with a fork.

Shrimp cooks quickly, and is done when it turns opaque.

Oysters and mussels grilled in their shells are done when the shells open. Discard any that do not open.

For best results, follow the directions in the recipe you choose.

