



COOKING & MEAT TEMPERATURES GUIDE

GRILL COOKING TEMPERATURES

Type of Meat	Type of Portions	Weight/ Thickness	Temp. (in F)	Approx.
BEEF				
	Hamburger – turn once	¾"	500	10 Min
	Hamburger – turn once	½"	500	8 Min
	Rib Eye Steak –turn once	1 ¼"	550	12 Min
	Rib Eye Steak –turn once	¾"	600	10 Min
	T- Bone Steak – turn once	½"	600	9 Min
	T- Bone Steak – turn once	¾"	600	10 Min
	T- Bone Steak – turn once	¾"	500	13 Min
	Porterhouse Steak– turn once	1"	550	12 Min
	Roast (cook indirect)	5-6 lbs.	400	1 Hr
	Kabobs on Metal skewers – turn once		400	12 min
PORK				
	Chops – turn 1 or 3 times	1 ½"	350	25 Min.
	Chops boneless – turn once	1 ½"	350	20 Min.
	Loin - Cook indirect, turn once	6 lbs.	350	1 Hr 30 Min
	Whole Ham - Cook indirect, turn once	5 lbs.	350	2 Hrs.
	Canned Ham - Cook indirect, turn once	5 lbs.	350	1 Hr 30 Min
	Sliced Ham – turn 3 times	1 lb.	350	20 Min

	Ribs – Baby Back – Cook indirect, turn 3 times	2 racks	325	2 Hrs
	Kabobs on metal skewers – turn 1 time		350	15 Min

CHICKEN

Chicken	Un-stuffed whole – Cook indirect	5 lbs.	375	60 Min
	Un-stuffed whole – Cook indirect, turn 1 time	5 lbs.	350	70 Min
	Stuffed whole – Cook indirect, turn 3 times	5 lbs	350	80 Min
	Chicken Breast- turn 1 or 3 times	N/A	375	15 Min
	Chicken drumsticks, thighs and leg quarters with skin – turn 3 times	N/A	375	30 Min
	Chicken drumsticks, thighs and leg quarters – skinless – turn 3 times	N/A	350	24 Min.

TURKEY

	Un-stuffed – indirect and on turkey rack	12 lbs.	375	2 Hrs
	Un-stuffed – Cook indirect, turn 1 time	12 lbs.	375	2 Hrs 15 Min
	Un-stuffed – Cook indirect, turn 1 time	15 lbs.	350	3 Hrs
	Un-stuffed – Cook indirect, turn 1 time	25 lbs.	325	5 Hrs
	Stuffed - Cook indirect, turn 1 time	12 lbs.	375	2 Hrs 15 Min
	Stuffed – Cook indirect, turn 1 time	15 lbs.	350	2 Hrs 30 Min
	Stuffed – Cook indirect, turn 1 time	25 lbs.	325	5 Hrs 30 Min
	Breast – Cook indirect, turn 1 time	8 lbs.	325	1 Hrs 30 Min

SEAFOOD

Fish	Salmon, Halibut Steaks – turn 1 time		400	11 Min
	Salmon, halibut fillets – skinless – turn 1 time		400	11 Min
	Salmon, Halibut Fillets with skin – cook with skin side down – do not turn		400	16 Min

	Trout, Snapper, Pomfreit whole with skin- turn 1 time		400	11 Min
Shrimp	On metal skewers – turn 1 time		500	6 Min
	On grilling wok that has holes		500	6 Min.
Lobster	Tails	8 oz.	400	14 Min.

LAMB

	Chops – turn 1 time	$\frac{3}{4}$ "	500	11 Min.
	Chops – turn 1 time	1 $\frac{1}{2}$ "	450	14 min.
	Leg with bone – indirect – turn 1 time	4 lbs.	350	2Hr.
	Leg with bone – indirect – turn 1 time	8 lbs.	350	2 Hr.
	Leg boneless – indirect – turn 1 time	4 lbs	325	2Hr 30 Min
	Kabobs on metal skewers – turn 1 time		400	12 Min.

OTHER

Duck	Whole – Indirect – turn 1 time	3 to 6 lbs	375	1 $\frac{1}{2}$ Hrs.
Guinea	Whole – indirect - turn 1 time	3 to 6 lbs.	375	1 $\frac{1}{4}$ hrs.
Quail	Whole – turn 1 time	12 Oz.	400	10 min.

MEAT INTERNAL COOKING TEMPERATURES

Here are some general guidelines for the best cooking temperatures for various types of meats:

Beef:

- Rare: 120-130°F (49-54°C)
- Medium-rare: 130-135°F (54-57°C)
- Medium: 135-145°F (57-63°C)
- Medium-well: 145-155°F (63-68°C)
- Well-done: 155°F (68°C) and above

Pork:

- Medium: 140-145°F (60-63°C)
- Well-done: 160-165°F (71-74°C)

Poultry:

- Chicken and turkey: 165°F (74°C)
- Duck and goose: 165-175°F (74-79°C)

Fish:

- Cook fish until it reaches an internal temperature of 145°F (63°C), or until the flesh is opaque and flakes easily with a fork.

It's important to note that cooking times and temperatures can vary depending on the cut of meat, cooking method, and personal preference. Always use a meat thermometer to ensure that your meat is cooked to a safe temperature and let it rest for a few minutes before slicing and serving.

Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
	Rare	125	3 minutes
	Medium rare	130-135	
	Medium	135-140	
	Medium well	140-150	3 minutes
	Well done	155+	
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	175	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes

	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None