



GRILLING TIME & TEMPERATURE CHART



BEEF

	TIME	GRILL TEMP	FOOD TEMP	DONENESS
Burgers [0.5"]	6-7 min	375	145	Medium
Filet Mignon [1"]	10-12 min	450-500	145	Medium
Sirloin Steak [1"]	9-12 min	450-500	145	Medium
N.Y Strip Steak [1"]	1 min.	450-500	145	Medium
Flank Steak [1"]	4-5 min	450	145	Medium
Kabob [3/4" cubes]	8-10 min	400	145	Medium
Tenderloin [6 lbs]	45-60 min	325-350	145	Medium

POULTRY

	TIME	GRILL TEMP	FOOD TEMP
Bone/Skinless Breast	9-10 min	425-450	165
Bone-In Breast	45 min	450	165
Bone/Skinless Thigh	8-9 min	400	165
Bone-In Thigh	10-13 min	450	165
Drumstick	30 min	450	165
Skinless Kabob	10-13 min	375	165
Wings	25-30 min	350	165
Turkey Breast	1-1.5 hrs	350-375	165

PORK

	TIME	GRILL TEMP	FOOD TEMP	DONENESS
Boneless Chop	8-12 min	325-350	160	Medium
Bone-In Chop	10-15 min	350-450	160	Medium
Baby Back Ribs	1.5 hrs	225	190-203	Well Done
Butt	5 hrs	450	205	Medium
Shoulder	4-6 hrs	450	215-225	Medium
Sausage	15-20 min	375	160	Medium

SEAFOOD

	TIME	GRILL TEMP	FOOD TEMP
Shrimp	4-6 min	350-450	120
Salmon	10 min	450-500	145
Tuna Steak	5 min	225	145-150
Lobster Tail	10 min	350-450	135-140
Whole Snapper	14 min	400-450	145

VEGGIES

	TIME	GRILL TEMP
Asparagus	2-3 min	350
Baby Potatoes	20 min	400
Bell Pepper Slices	6-8 min	350-450
Pineapple Slices	6 min	350
Onion Slices	14 min	350-450

GRILLING TIPS

- Add any sauces at the end to prevent burning
- Cook food from fresh not frozen
- Avoid opening lid
- Know your grill as grill temps may vary
- Remove when your steaks are 5 degrees less than the temperatures listed. The centers will continue to warm as they rest.
- Rest meats before cutting for maximum juiciness!

