

Grilling Food Safely

Approximate Grilling Times and Temperatures for Meat and Poultry

Always use a food thermometer to be sure meats and poultry are cooked to a safe internal temperature and doneness. Research conducted by the U.S. Department of Agriculture (USDA) indicates that the color of the meat is not a reliable indicator meat or poultry has reached a temperature high enough to destroy harmful bacteria that may be present. For approximate cooking times, see the following chart compiled from various resources. Remember that outdoor grills can vary in heat. When using a barbecue sauce, apply during the last 15 to 30 minutes of grilling to prevent excess browning or burning.

NOTE: ★ USDA recommends cooking pork, beef, veal, lamb chops, roasts, steaks to 145° F then let rest 3 minutes before carving or eating.

ITEM	SIZE	GRILLING TIME	INTERNAL TEMP IN ° F
BEEF			
Steaks	3/4" thick	3 to 4 min./side 4 to 5 min./side	Medium rare 145★ Medium 160
Kabobs	1-inch cubes	3 to 4 min./side	★145 to 160
Hamburger patties	1/2" thick	3 min. per side	160
Roast, rolled rump (indirect heat)	4 to 6 lbs.	18 to 22 min./lb.	★145 to 160
sirloin tip (indirect heat)	3 1/2 to 4 lbs.	20 to 25 min./lb.	
Ribs, Back	cut in 1-rib portions	10 min./side	160
Tenderloin	Half, 2 to 3 lbs. Whole, 4 to 6 lbs.	10 to 12 min./side 12 to 15 min./side	Medium rare 145 ★ Medium 160
HAM			
Fully cooked (indirect heat)	any size	8 to 10 min./lb.	140
Cook-before-eating (indirect heat)	Whole, 10 to 14 lbs. Half, 5 to 7 lbs. Portion, 3 to 4 lbs.	10 to 15 min./lb. 12 to 18 min./lb. 30 to 35 min./lb.	160
LAMB			
Chops, shoulder, loin, or rib	1" thick	5 min./side	★145 to 160
Steaks, sirloin, or leg	1" thick	5 min./side	★145 to 160
Kabobs	1" cubes	4 min./side	★145 to 160
Patties, ground	4 oz., 1/2" thick	3 min./side	160
Leg, butterflied	4 to 7 lbs.	40 to 50 min. total	★145 to 160
OSTRICH or EMU			
Fan filets, steaks, or kabobs	3/4" thick	3 min./side	Medium rare 145 ★
Patties, ground	1/2" thick	3 min./side	160
★★ PORK, Fresh			
Chops, bone-in or boneless	3/4" thick 1 1/2" thick	3 to 4 min./side 7 to 8 min./side	145 ★
Tenderloin	1/2 to 1 1/2 lbs.	15 to 25 min. total	145 ★
Ribs (indirect heat)	2 to 4 lbs.	1 1/2 to 2 hrs.	145 ★
Patties, ground	1/2" thick	4 to 5 min./side	145 ★

VEAL			
Chops, steaks	1" thick	5 to 7 min./side	*145 to 160
Roast, boneless (indirect heat)	2 to 3 lbs.	18 to 20 min./lb.	*145 to 160
VENISON			
Roast, saddle, or leg	6 to 7 lbs.	25 to 30 min./lb.	*145 to 160
Steaks	3/4" thick	4 to 5 min./side 6 to 7 min./side	Medium rare 145 * Medium 160
* CHICKEN			
Whole (indirect heat), not stuffed broiler fryer roasting hen Capon Cornish hens	3 to 4 lbs. 5 to 7 lbs. 4 to 8 lbs. 18 to 24 oz.	60 to 75 min. 18 to 25 min./lb. 15 to 20 min./lb. 45 to 55 min.	165 to 180 as measured in the thigh
Breast halves, bone-in boneless	6 to 8 oz. each 4 oz. each	10 to 15 min./side 6 to 8 min./side	165 to 170
Other parts: Legs or thighs Drumsticks Wings, wingettes	4 to 8 oz. 4 oz. 2 to 3 oz.	10 to 15 min./side 8 to 12 min./side 8 to 12 min./side	165 to 180
* DUCK or GOOSE			
Duckling, whole (indirect heat) Quartered (indirect heat)	4 1/2 lbs. (not stuffed)	2 1/2 hrs. 1 hr., 25 min.	165 to 185
Goose, whole (indirect heat)	8 to 12 lbs.	18 to 20 min./lb.	165 to 185
* TURKEY			
Whole turkey (indirect heat)	8 to 12 lbs. 12 to 16 lbs. 16 to 24 lbs.	2 to 3 hrs. 3 to 4 hrs. Not recommended	165 to 180 as measured in the thigh
Breast, bone-in boneless	4 to 7 lbs. 2 3/4 to 3 1/2 lbs.	1 to 1 3/4 hrs. Not recommended	165 to 170
Thighs, drumsticks (indirect heat) Direct heat (pre-cook 1 hr.)	8 to 16 oz.	1 1/2 to 2 hrs. 8 to 10 min./side	165 to 180
Boneless turkey roll (indirect heat)	2 to 5 lbs. 5 to 10 lbs.	1 1/2 to 2 hrs. 2 to 3 1/2 hrs.	165 to 175

* Safe cooking temperature for poultry was lowered to 165° F in 2006. However, for best flavor and Quality, 170° F to 180° F is recommended.

** Safe cooking temperature for whole cuts of pork was lowered to 145° F in 2011.

For Further Information Contact:

FSIS Food Safety Education and Communications Staff Meat and Poultry Hotline:

- 1-888-674-6854 or email at mpholine.fsis@usda.gov
- Cook: Heat It Up Chart at www.fightbac.org

Source:

Food Safety and Inspection Service, USDA

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