

Grilling Food Safely

Approximate Grilling Times for Meat and Poultry

Always use a meat thermometer to be sure meats and poultry are cooked to a safe internal temperature and doneness. New research conducted by the U.S. Department of Agriculture (USDA) indicates that the color of the meat is not a reliable indicator that meat has reached a temperature high enough to destroy harmful bacteria that may be present. For approximate cooking times for use in meal planning, see the following chart compiled from various resources. Times are based on meat at refrigerator temperatures. 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: When using indirect heat (smoking), the grill must be covered with its lid.

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) sirloin tip (indirect heat)	4 to 6 lbs. 3 1/2 to 4 lbs.	18 to 22 min./lb. 20 to 25 min./lb.	145 to 160
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	Medium 160
Tenderloin	1/2 to 1 1/2 lbs.	15 to 25 min. total	Medium 160
Ribs (indirect heat)	2 to 4 lbs.	1 1/2 to 2 hrs.	160
Patties, ground	1/2" thick	4 to 5 min./side	160

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.	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	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	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.	180 to 185
Goose, whole (indirect heat)	8 to 12 lbs.	18 to 20 min./lb.	180 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	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	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	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.	170 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.

For Further Information Contact:

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

1-888-674-6854 or email at mph hotline.fsis@usda.gov

Website: www.IsItDoneYet.gov

Source:

Food Safety and Inspection Service, USDA

7/99

Updated 7/07