

# Temperature Guide



The following chart gives a guide to how well done your meat will be, based on the internal temperature of the meat. The thermometer should be inserted into the thickest part of the meat, avoiding any bone. Keep in mind the internal temperature will continue to rise 3-6°C while it's resting.

INTERNAL MEAT TEMPERATURE GUIDE		
<b>Red Meat</b>	Rare	49°C
	Medium Rare	54°C
	Medium	60°C
	Medium Well	66°C
	Well Done	68°C
	Low and Slow (Sliced)	88-91°C
	Low and Slow (Pulled)	93-95°C
<b>Pork</b>	Medium	63°C
	Medium Well	68°C
	Low and Slow (Sliced)	88-91°C
	Low and Slow (Pulled)	93-95°C
<b>Ham, raw</b>		71°C
<b>Ham, fully cooked (to reheat)</b>		60°C
<b>Poultry</b>	Well Done	74°C
<b>Minced Meat / Sausage</b>	Well Done	68°C
<b>Fish</b>	Medium	57°C

# Barbecue Guide



The following cuts, thicknesses, weights and barbecuing times are meant to be guidelines rather than rules. Cooking times and temperatures are affected by factors such as altitude, wind, outside temperature, how much food you are cooking and how well done you like your food.

**Direct cooking:** Grill steaks, fish fillets, boneless chicken pieces and vegetables using the direct method for the time given on the chart, turning once, halfway through cooking (except for scallops in shell and oysters).

**Indirect cooking:** Roast whole poultry, bone in poultry pieces, roast meats, whole fish and other thicker cuts using the indirect method. There is no need to turn the food. Cooking times for beef and lamb are for MEDIUM unless otherwise noted. Let roasts and larger cuts of meat rest for 5 to 10 minutes before carving.

To calculate the cooking times for any roast (without a cavity, i.e. poultry), measure the thickness and calculate 1 minute per millimetre. For example, if the roast is 90mm thick, cook it for 90 minutes. If you want your roast to be well done, you will need to add 20% (or 18 minutes) to the cooking time. On the other hand, if you want it rare, you will need to deduct 20% (or 18 minutes).

BEEF		
Cut	Thickness/weight	approximate cooking time & method
<b>Bolar Roast, whole, boneless</b>	2kg (80-100mm thick)	80 to 100 minutes <b>roast/indirect medium heat</b> (190-230°C)
<b>Brisket, whole (untrimmed)</b>	6-7kg	10 to 12 hours <b>low and slow/indirect very low heat</b> (100-130°C)
<b>Burger, minced beef</b>	2cm thick	8 to 10 minutes <b>grill/direct medium-high heat</b> (210-240°C)
<b>Kebab</b>	3cm cubes	6 to 7 minutes <b>grill/direct high heat</b> (230-260°C)
<b>Rib roast (prime rib), with bone</b>	4kg (100-120mm thick)	1¾ to 2 hours <b>roast/indirect medium heat</b> (190-230°C)
<b>Short ribs</b>	2-2.5kg	7 to 8 hours <b>low and slow/indirect very low heat</b> (100-130°C)
<b>Steak: rump, porterhouse, rib-eye, T-bone or fillet</b>	2cm thick	4 to 6 minutes <b>grill/direct high heat</b> (250-290°C)
	2.5cm thick	6 to 8 minutes <b>grill/direct high heat</b> (250-290°C)
	3cm thick	8 to 10 minutes <b>grill/direct high heat</b> (250-290°C)
	4cm thick	14 to 21 minutes total: 4 to 6 minutes <b>grill/direct high heat</b> (250-290°C), 10 to 15 minutes <b>roast/indirect medium heat</b> (190-230°C)

LAMB		
Cut	Thickness/weight	approximate cooking time & method
<b>Burger, lamb mince</b>	2cm thick	8 to 10 minutes <b>grill/direct medium-high heat</b> (210-240°C)
<b>Chop or cutlet: loin or chump (trimmed, if un-trimmed use a hotplate)</b>	2cm thick	4 to 6 minutes <b>grill/direct medium-high heat</b> (210-240°C)
	2.5cm thick	6 to 8 minutes <b>grill/direct medium-high heat</b> (210-240°C)
<b>Leg of lamb, bone in</b>	1.8kg to 2.3kg (approx. thickness 80-100mm)	1½ to 2 hours <b>roast/indirect medium heat</b> (190-230°C)
<b>Leg of lamb, boneless, rolled</b>	1.25-1.5kg (approx. thickness 80-100mm)	1½ to 2 hours <b>roast/indirect medium heat</b> (190-230°C)
<b>Leg of lamb, butterflied</b>	1.5-1.75kg	30 to 45 minutes total: sear 10 to 15 minutes <b>grill/direct medium heat</b> (200-230°C), cook 20 to 30 minutes <b>roast/indirect medium heat</b> (190-230°C)
<b>Rack of lamb</b>	500-750g	25 to 35 minutes <b>roast/indirect high heat</b> (230-260°C)
<b>Shoulder, boneless, rolled</b>	1.25-1.5kg	6 to 7 hours <b>low and slow/indirect very low heat</b> (100-130°C)

## PORK

Cut	Thickness/weight	approximate cooking time & method
Belly, pork (bone in/ boneless)	1.5kg, 5-6cm thick	50 to 60 minutes total: 20 to 30 minutes <b>roast/indirect high heat</b> (230-260°C), 20 to 30 minutes <b>roast/indirect medium heat</b> (190-230°C)
Burger, pork minced	1cm thick	8 to 10 minutes <b>grill/direct medium heat</b> (200-230°C)
Chop/ cutlet: rib, loin or shoulder (boneless or bone in)	2cm thick	6 to 8 minutes <b>grill/direct medium heat</b> (200-230°C)
	2.5-3cm thick	8 to 10 minutes <b>grill/direct medium heat</b> (200-230°C)
Leg of Ham, smoked, bone in	3.5kg	1½ to 2 hours <b>roast/indirect medium-low heat</b> (150-180°C)
Leg of Pork, pickled, bone in (raw leg of ham)	5-6kg	3.5 hours <b>roast/indirect medium heat</b> (190-230°C)
Loin roast, bone in	1.5–2.5kg (90-110mm)	1½ to 2 hours total: 20 to 30 minutes <b>roast/indirect high heat</b> (230-260°C), 70 to 90 minutes <b>roast/ indirect medium heat</b> (190-230°C)
Loin roast, boneless, rolled	1.75kg (90-110mm)	1½ to 2 hours total: 20 to 30 minutes <b>roast/indirect high heat</b> (230-260°C), 70 to 90 minutes <b>roast/ indirect medium heat</b> (190-230°C)
Pork shoulder, bone in	3kg	8 to 10 hours <b>low and slow/indirect very low heat</b> (100-130°C)
Ribs, baby back	700g–1kg	3 to 4 hours <b>low and slow/indirect very low heat</b> (100-130°C)
Ribs, St louis	1.25–1.75kg	3 to 4 hours <b>low and slow/indirect very low heat</b> (100-130°C)
Sausage, fresh	75g	10 to 15 minutes <b>grill/direct medium heat</b> (200-230°C)

## POULTRY

Cut	Thickness/weight	approximate cooking time & method
Burger, Chicken mince	2cm thick	10 to 14 minutes <b>grill/direct medium heat</b> (200-230°C)
Chicken breast, boneless, skinless	175–225g, whole	10 to 12 minutes <b>grill/direct medium heat</b> (200-230°C)
Chicken drumstick	75–115g	23 to 35 minutes total: 3 to 5 minutes <b>grill/direct medium heat</b> (200-230°C), 20 to 30 minutes <b>roast/indirect medium heat</b> (190-230°C)
Chicken thigh, bone in	140–175g	23 to 35 minutes total: 3 to 5 minutes <b>grill/direct medium heat</b> (200-230°C), 20 to 30 minutes <b>roast/indirect medium heat</b> (190-230°C)
Chicken thigh, boneless, skinless	115g	8 to 10 minutes <b>grill/direct medium heat</b> (200-230°C)
Chicken, whole	2–2.5kg	1¼ to 1½ hours <b>roast/indirect medium heat</b> (190-230°C)
Chicken, maryland	300–340g	23 to 35 minutes total: 3 to 5 minutes <b>grill/direct medium heat</b> (200-230°C), 20 to 30 minutes <b>roast/indirect medium heat</b> (190-230°C)
Chicken wing	70–75g	25 to 35 minutes <b>roast/indirect medium heat</b> (190-230°C)
Duck breast, boneless	300–340g	20 to 25 minutes <b>roast/indirect medium heat</b> (190-230°C), sear skin side down only for 2 minutes <b>grill/direct medium heat</b> (200-230°C)
Duck, whole	1.6-2.2kg	1 to 1¼ hours <b>roast/indirect medium-high heat</b> (210-240°C)
Turkey breast, boneless, rolled	1-1.2kg	1 to 1¼ hours <b>roast/indirect medium heat</b> (190-230°C)
Turkey, whole, not stuffed	4-5kg	1¾ to 2¼ hours <b>roast/indirect medium heat</b> (190-230°C)
	5-6kg	2¼ to 2½ hours <b>roast/indirect medium heat</b> (190-230°C)

## SEAFOOD

Cut	Thickness/weight	approximate cooking time & method
Fish, fillet or steak: snapper, barramundi etc	1cm thick	6 to 8 minutes <b>grill/direct high heat</b> (230-260°C)
	2.5cm thick	8 to 10 minutes <b>grill/direct high heat</b> (230-260°C)
	2.5–3cm thick	10 to 12 minutes <b>grill/direct high heat</b> (230-260°C)
Fish, whole	450g	15 to 20 minutes <b>roast/indirect medium heat</b> (190-230°C)
	1–1.2kg	2 to 40 minutes <b>roast/indirect medium heat</b> (190-230°C)
Oyster	75–115g	5 to 7 minutes <b>grill/direct high heat</b> (230-260°C)
Prawn	40g	1 to 4 minutes <b>grill/direct high heat</b> (230-260°C)
Salmon, fillet or steak	3-4cm thick	6 to 10 minutes <b>grill/direct medium-high heat</b> (210-240°C)
Scallop	40g	4 minutes <b>grill/direct high heat</b> (230-260°C)

## VEGETABLES

Cut	Thickness/weight	approximate cooking time & method
Asparagus	1cm diameter	4 minutes <b>grill/direct medium heat</b> (200-230°C)
Beetroot	whole	1 to 1½ hours <b>roast/indirect medium heat</b> (190-230°C)
Capsicum	whole	10 to 12 minutes <b>grill/direct high heat</b> (230-260°C)
	halved or quartered	6 to 8 minutes <b>grill/direct medium heat</b> (200-230°C)
Carrot	2.5cm diameter	45 to 55 minutes <b>roast/indirect medium heat</b> (190-230°C)
Corn, husked	whole	10 to 15 minutes <b>barbecue/direct medium heat</b> (200-230°C)
Eggplant	1cm slices	6 to 8 minutes <b>grill/direct medium heat</b> (200-230°C)
Garlic	whole	45 minutes to 1 hour <b>roast/indirect medium heat</b> (190-230°C)
Mushroom	large, whole	8 to 12 minutes <b>grill/direct medium heat</b> (200-230°C)
Onion	halved	35 to 40 minutes <b>roast/indirect medium heat</b> (190-230°C)
	1cm slices	8 to 10 minutes <b>grill/direct medium heat</b> (200-230°C) with a hotplate
Potato	whole	1 to 1¼ hour <b>roast/indirect medium heat</b> (190-230°C)
	1cm slices	10 to 12 minutes <b>grill/direct medium heat</b> (200-230°C)
Pumpkin	4cm cubes/ wedges	30 to 45 minutes <b>roast/indirect medium heat</b> (190-230°C)
Sweet potato	whole	45 minutes–1 hour <b>roast/indirect medium heat</b> (190-230°C)
	1cm slices	12 to 15 minutes <b>grill/direct medium heat</b> (200-230°C)
Tomato	whole	8 to 10 minutes <b>grill/direct medium heat</b> (200-230°C)
	halved	6 to 8 minutes <b>grill/direct medium heat</b> (200-230°C)
Zucchini	1cm slices	4 to 6 minutes <b>grill/direct medium heat</b> (200-230°C)