

Weber Lumin Electric Barbecue

Temperature Guide



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

INTERNAL MEAT TEMPERATURE GUIDE		
Red meat	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
Pork	Medium	63°C
	Medium well	68°C
	Low and slow (sliced)	88-91°C
	Low and slow (pulled)	93-95°C
Ham, raw		68°C
Ham, fully cooked (to reheat)		60°C
Poultry	Well done	74°C
Minced meat / sausage	Well done	68°C
Fish	Medium	57°C

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Barbecue Guide



The following cuts, thicknesses, weights, and barbecuing times are intended to be guidelines rather than rules. Cooking times and temperatures can be affected by factors such as altitude, wind, outside temperature, the amount of food you're 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 specified on the chart, turning once, halfway through cooking (except for scallops in the shell and oysters).

BEEF		
Cut	Thickness/weight	Approximate cooking time & method
Burger, minced beef	2 cm thick	8 to 10 minutes grill/direct high heat (250-290°C)
Kebab	3 cm cubes	6 to 7 minutes grill/direct high heat (250-290°C)
Minute steak	3-4 mm	1 minute grill/direct high heat (250-290°C)
Sausages, thick	3 cm cubes	6 to 7 minutes grill/direct high heat (230-260°C)
Steak: rump, porterhouse, rib-eye, T-bone or fillet	2 cm thick	4 to 6 minutes grill/direct high heat (250-290°C)
	2.5 cm thick	6 to 8 minutes grill/direct high heat (250-290°C)
	3 cm thick	8 to 10 minutes grill/direct high heat (250-290°C)
Steak (frozen)	2.5 cm thick	24 minutes total: 20 minutes grill from frozen/defrost (250-290°C) then 4 minutes grill/direct high heat (250-290°C)

LAMB		
Cut	Thickness/weight	Approximate cooking time & method
Burger, lamb mince	2 cm thick	8 to 10 minutes grill/direct high heat (250-290°C)
Chop or cutlet: loin or chump (trimmed, if un-trimmed use a hotplate)	2 cm thick	4 to 6 minutes grill/direct high heat (250-290°C)
	2.5 cm thick	6 to 8 minutes grill/direct high heat (250-290°C)
Leg of lamb, butterflied	1.5–1.75kg	30 to 40 minutes grill/direct medium heat (200-230°C)
Kebab	2-3 cm cubes	8 to 10 minutes grill/direct high heat (250-290°C)

PORK		
Cut	Thickness/weight	Approximate cooking time & method
Burger, pork minced	2 cm thick	10 -14 minutes grill/direct high heat (250-290°C)
Chop/ cutlet: rib, loin or shoulder (boneless or bone-in)	2 cm thick	6 to 8 minutes grill/direct high heat (250-290°C)
	2.5-3 cm thick	8 to 10 minutes grill/direct high heat (250-290°C)
Sausage, fresh	3-4 cm thick	10 to 15 minutes grill/direct high heat (250-290°C)
Bacon rashers	2-3 mm thick	2 to 4 minutes grill/direct high heat (250-290°C)

POULTRY		
Cut	Thickness/weight	Approximate cooking time & method
Burger, chicken mince	2 cm thick	10 to 14 minutes grill/direct high heat (250-290°C)
Chicken breast, boneless, skinless	320 g whole	12 to 14 minutes grill/direct high heat (250-290°C)
Chicken thigh, bone in	140–175 g	35 minutes grill/direct medium heat (200-230°C)
Chicken thigh, boneless, skinless	115 g	8 to 10 minutes grill/direct high heat (250-290°C)
Chicken, butterflied	1.4 kg	50 minutes grill/direct medium heat (180-230°C)
Chicken, maryland	300–340 g	40 minutes grill/direct medium heat (200-230°C)
Chicken wing	70–75 g	25-30 minutes grill/direct medium heat (200-230°C)
Duck breast, boneless	300–340 g	15-20 minutes grill/direct high heat (250-290°C)
Turkey breast, butterflied	1 kg	30 minutes grill/direct medium heat (200-230°C)

SEAFOOD		
Cut	Thickness/weight	Approximate cooking time & method
Fish, fillet or steak: snapper, barramundi etc.	1 cm thick	6 to 8 minutes grill/direct high heat (250-290°C)
	2.5 cm thick	8 to 10 minutes grill/direct high heat (250-290°C) Or 15 minutes smoke/indirect medium heat (190-230°C)
	2.5–3 cm thick	10 to 12 minutes grill/direct high heat (250-290°C)
Fish, whole	800 g-1 kg	20 minutes grill/direct high heat (250-290°C)
Oyster	75–115 g	5 to 7 minutes grill/ direct high heat (250-290°C)
Prawn	40 g	1 to 4 minutes grill/direct high heat (250-290°C)
Salmon, fillet or steak	3-4 cm thick	6 to 10 minutes grill/direct high heat (250-290°C)
Scallop	40 g	4 minutes grill/direct high heat (250-290°C)

VEGETABLES		
Cut	Thickness/weight	Approximate cooking time & method
Asparagus	1 cm diameter	4 minutes grill/direct high heat (250-290°C)
Capsicum	Whole	10 to 12 minutes grill/direct high heat 250-290°C)
	Halved or quartered	6 to 8 minutes grill/direct high heat (250-290°C)
Cauliflower, broccoli, beans	Florets. 4-6 cm long	15-25 minutes steam/indirect medium heat (190-230°C)
Corn, husked	Whole	10 to 15 minutes grill/direct high heat (250-290°C)
Corn ribs	Quarter	8 to 10 minutes grill/direct high heat (250-290°C)
Eggplant	1 cm slices	6 to 8 minutes grill/direct medium heat (200-230°C)
Flat bread	Rolled thin	2 to 3 minutes grill/direct high heat (250-290°C)
Haloumi	1 cm thick	2 to 3 minutes grill/direct high heat (250-290°C)
Mushroom	Large, whole	8 to 12 minutes grill/direct high heat (250-290°C)
	Button	6 to 8 minutes grill/direct high heat (250-290°C)
Onion	1 cm slices	8 to 10 minutes grill/direct medium heat (180-230°C) with a hotplate
Potato	2 cm slices	25 to 30 minutes grill/direct medium heat (180-230°C)
Pumpkin	1 cm slice	12 to 16 minutes grill/direct medium heat (180-230°C)
Sweet potato	2 cm slices	25 to 30 minutes grill/direct medium heat (200-230°C)
Tomato	Whole	8 to 10 minutes grill/direct high heat (250-290°C)
	Halved	6 to 8 minutes grill/direct high heat (250 -290°C)
Zucchini	1 cm slices	6 to 8 minutes grill/direct high heat (250-290°C)

