

Grilling Guide - Fruits and Vegetables

FRESH PRODUCE	PREPARATION	GRILL TIME	BEST BASTES OR TOPPINGS	GREAT WITH
Apples	Core, slice in thick rounds or wedges. Brush with butter.	2 to 3 minutes per side to warm.	Butter blended with curry or cinnamon.	Pork chops or sausage. For dessert: yogurt or ice cream.
Carrots	Slice ¼ inch (0.6 cm) thick. Dot with butter. Foil wrap.	15 to 25 minutes. Turn packages often.	Drizzle carrots in package with maple syrup or orange liqueur.	Grilled chicken or sausages.
Corn	Butter and foil or husk wrap. Or precook, then brush with oil and heat directly on grill.	Foil wrap: 20 to 25 minutes. Turn often. Can remove from foil and put directly on grill last 5 minutes. Husk wrap: 15 to 20 minutes.	Mix butter with chili flakes, chopped chives or basil. Spread over corn.	Grilled steaks, burgers and roasts.
Eggplant	Slice lengthwise ¼ inch (0.6 cm) thick. Sprinkle with salt. Brush with olive oil.	12 to 15 minutes covered. Turn often.	Baste with herbed or garlic oil.	Chicken and lamb. Chop and mix with chopped tomatoes and basil.
Mushrooms	Thread small on skewers. Brush with butter or oil.	4 to 7 minutes. Turn often.	Sprinkle with dill, rosemary or chives.	Steak and burgers.
Peaches	Peel. Slice 1-inch (2.5 cm) thick and foil wrap.	10 to 15 minutes. Turn often.	Add butter and brown sugar or rum to package.	Pork and chicken. Wonderful on top of ice cream or with sour cream.
Pears	Core and slice 1.2 inch (1.25 cm) thick. Foil wrap.	10 to 15 minutes. Turn often.	Crumble feta, goat cheese, or Stilton over top.	Chops, lamb or chicken or serve on ice cream with raspberries.
Potatoes	Precook whole, then cut in half. Brush with oil and reheat on grill.	10 to 15 minutes. Turn often.	Butter blended with chives or Italian dressing. Sprinkle with cracked black pepper.	Grilled steak and sausages.
Tomatoes	Slice in half. Brush with olive oil.	5 to 6 minutes per side.	Baste with Caesar or creamy cucumber-style dressing. Sprinkle with basil, feta or pesto.	Steak. Or chop and toss in salads or over burgers.
Potatoes	Slice lengthwise ½ inch (0.8 cm) thick. Brush with oil.	4 to 6 minutes. Turn often.	Baste with garlic butter. Sprinkle with chopped basil, oregano, tarragon or curry.	Grilled fish and chicken.



Grilling Guide - Meat and Fish

FOOD	THICKNESS/WEIGHT	GRILL TIME	HEAT	INTERNAL TEMPERATURE
Steak	¾ inch/2 cm	4 - 6 minutes	Direct high heat	125°F/52°C rare 130°F/ 55°C medium-rare 140°F/60°C medium 160°F/71°C well-done
Steak	1 inch/2.5 cm	5 - 8 minutes	Direct high heat	as above
Steak	1 - ¼ inches/3 cm	8 - 10 minutes	Direct high heat	as above
Steak	1 - ½ inches/4 cm	10 - 14 minutes	Direct high heat	as above
Steak	2 inches/5 cm	14 - 18 minutes	Direct high heat	as above
Roast				as above
Hamburger	¾ inch/2 cm	8 - 10 minutes	Direct high heat	160°F/71°C
Kebobs	1 to 1-½ inch/2.5 - 4 cm cubes	4 - 6 minutes	Direct high heat	160°F/71°C
Pork chop	½ inch/1 cm	5 - 7 minutes	Direct medium-high heat	160°F/71°C
Pork chop	¾ inch/ 2 cm	6 - 8 minutes	Direct medium-high heat	160°F/71°C
Pork chop	1 inch/2.5 cm	8 - 10 minutes	Direct medium-high heat	160°F/71°C
Back Ribs	1.5 - 2 lbs/1 kg	3 hours	Indirect low heat	Until tender
Side/spareribs	2 lbs/1 kg	3 hours	Indirect low heat	Until tender
Sausages (fresh)		20 - 25 minutes	Direct medium heat	160°F/71°C
Kebobs	1 to 1-½ inch (2.5 - 4 cm cubes)	5 - 8 minutes	Direct medium-high heat	160°F/71°C
Tenderloin	About 1 lb	15 - 20 minutes	Direct medium-high heat	160°F/71°C
Roast Tenderloin	About 1 lb	15 - 20 minutes	Direct medium-high heat	160°F/71°C, Cover with foil, stand 15 minutes

FOOD	THICKNESS/WEIGHT	GRILL TIME	HEAT	INTERNAL TEMPERATURE
Rack of Lamb	1 to 1.5 lbs/500 - 750 g	15 - 20 minutes	sear 5 minutes direct medium-high heat, grill 10 - 15 minutes indirect medium	125°F/52°C rare 130°F/ 55°C medium-rare 140°F/60°C medium 160°F/71°C well-done Cover with foil, stand 10 minutes
Lamb Kebobs	1 to 1 - ½ inch (2.5 - 4 cm) cubes	4 - 6 minutes	Direct high heat	160°F/71°C
Patty	¾ inch/2 cm	8 - 10 minutes	Direct high heat	160°F/71°C
Whole Chicken	3 - 4 lbs/1.5 - 2 kg	1 - 1.5 hours	Indirect medium heat	165°F/75°C, Cover with foil, stand 15 minutes
Chicken breast	Boneless, skinless	8 - 12 minutes	Direct medium heat	165°F/75°C
Chicken thigh	Boneless, skinless	8 - 10 minutes	Direct medium heat	165°F/75°C
Chicken pieces	With skin & bone-leg or thigh	30 - 40 minutes	Indirect medium heat	165°F/75°C
Chicken Wings		18 - 20 minutes	Direct medium heat	165°F/75°C
Whole Turkey, unstuffed	10 -12 lbs/4.5 - 5.5 kg 13 - 15 lbs/6 - 6.75 kg	2.5 - 3.5 hours 3.5 to 4.5 hours	Indirect low heat (350F/160C)	165°F/75°C Cover with foil, stand 15 minutes
Turkey breast, with skin and bone	weight	45 minutes - 1 hour	Indirect medium heat	165°F/75°C Cover with foil, stand 10 minutes
Duck Breast, boneless	10-12 oz (300 to 375 g)	45 minutes - 1 hour	Indirect medium heat	165°F/75°C Cover with foil, stand 10 minutes
Whole Trout	1 lb/500 g	15 - 20 minutes	Indirect medium-high heat	125 - 130°F/52-55°C or when flesh is opaque
Whole Trout	2 - 2.5 lb/1 kg	20 - 30 minutes	Indirect medium-high heat	125 - 130°F/52-55°C or when flesh is opaque
Trout Fillets	¼ - ½ inch/ 1 cm thick	3 - 5 minutes	direct high heat	125 - 130°F/52-55°C or when flesh is opaque