

Quick & Easy Cooking Guide

All cooking times are based on a temperature of 350°F/175°C



Beef & Lamb

Ribs: 2-10 lbs.

	Rack Height	Internal Temp.	Fresh	Frozen
	1-inch	125-130°F/51-54°C	15-17 min/lb Rare	20-21 min/lb Rare
		130-135°F/54-57°C	17-19 min/lb Med. Rare	21-23 min/lb Med. Rare
		135-140°F/57-60°C	19-20 min/lb Medium	22-23 min/lb Medium
		155°F/68°C+	21+ min/lb Well Done	24+ min/lb Well Done

Burgers 1/2-in thick.

	3-inch	160°F/71°C+	5-7 min/side	8-9 min/side
	3-inch	125-130°F/51-54°C	9-10 min/side Rare	10-11 min/side Rare
		130-135°F/54-57°C	10-12 min/side Med. Rare	11-12 min/side Med. Rare
		135-140°F/57-60°C	12-14 min/side Medium	12-13 min/side Medium
		155°F/68°C+	14+ min/side Well Done	14+ min/side Well Done

Pork

Ham (Precooked)

	1-inch	145°F/62°C+	16-18 min/lb	20-23 min/lb
	3-inch	160°F/71°C+	5-6 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-6 min/side	N/A
	3-inch	160°F/71°C+	5-6 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
	3-inch	145°F/62°C+	12-14 min/side	18-20 min/side
	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

Sausage

Bacon

Salami, Bratwurst, Etc.

Chops

Ribs: 3-7 lbs.

Tenderloin 2-4 lbs.

Spine Ribs

	1-inch	145°F/62°C+	16-18 min/lb	20-23 min/lb
	3-inch	160°F/71°C+	5-6 min/side	8-10 min/side
	3-inch	160°F/71°C+	5-6 min/side	N/A
	3-inch	160°F/71°C+	5-6 min/side	10-12 min/side
	3-inch	145°F/62°C+	5-6 min/side	7-9 min/side
	1-inch	145°F/62°C+	17-19 min/side	22-25 min/side
	3-inch	145°F/62°C+	12-14 min/side	18-20 min/side
	1-inch	160°F/71°C+	18-22 min/side	22-24 min/side

Poultry

Chicken, (Bone-in) Pieces

	3-inch	165°F/73°C+	13-14 min/side	15-17 min/side
	3-inch	165°F/73°C+	11-13 min/side	14-15 min/side
	3-inch	165°F/73°C+	11-13 min/side	N/A
	1-inch	165°F/73°C+	17-21 min/lb	20-24 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/2-in thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	13 min at 300°F	N/A

Chicken, (1/2-in) Slices

Chicken, 1/2-in (Boneless/Skinless) Breasts

(Thickness added 2 mins per 1/2-in)

Chicken, Whole 2-8 lbs.

Turkey, Whole 8-12 lbs.

Turkey, Whole 11-16 lbs.

Turkey, Breasts 5-7 lbs.

Eggs

	1-inch	165°F/73°C+	17-21 min/lb	20-24 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1/2-in thick	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	165°F/73°C+	10-12 min/lb	14-16 min/lb
	1-inch	160°F/71°C+	13 min at 300°F	N/A

Eggs

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