



Zach's Spice Company  
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GRILLING TIMETABLE

\*\*The following information was obtained from "Championship BBQ" written by Paul Kirk.

When you grill, it's usually smaller, thinner cuts of meat cooking fast and hot. I prefer a medium-hot fire, around 400 degrees F, for beef and lamb, a medium fire, around 350 degrees F, for chicken, turkey, duck, and pork.

	<b>THICKNESS</b>	<b>GRILL TIME</b>
<b>Burgers</b>	1/2 TO 3/4" thick	7 to 9 minutes rare; 10 to 14 minutes medium; 14 to 16 minutes well done
<b>Beef Steak</b>	1" thick	10 to 12 minutes rare; 12 to 14 minutes medium; 16 to 18 minutes well done
<b>Lamb Chops</b>	1" thick	10 to 12 minutes rare; 12 to 14 minutes medium; 14 to 16 minutes well done
<b>Pork Loin or Rib Chops</b>	1" thick	30 to 40 minutes medium; 40 to 50 minutes well done
<b>Pork Steak or Blade</b>	1" thick	30 to 40 minutes medium; 40 to 50 minutes well done
<b>Pork Tenderloin</b>	2" thick	20 to 30 minutes medium; 30 to 40 minutes well done
<b>Pork Ribs</b>	1.75 lbs. 3.75 lbs.	2.75 to 4.5 hours
<b>Veal Chops</b>	1: thick	8 to 10 minutes medium
<b>Chicken Breast</b>	5 to 8 oz.	16 to 20 minutes
<b>Chicken legs, thighs</b>	5 to 8 oz.	30 minutes
<b>Duck breast</b>	3 to 5 oz.	6 to 10 minutes medium rare; 10 to 12 minutes medium; 12 to 14 minutes well done
<b>Fish (Fillets)</b>	5 to 8 oz.	10 minutes per inch of thickness