

Indoor Electric Grilling Chart

Times and Temperatures for Meat, Poultry, Fin Fish and Shellfish

Trim fat from meat. Rinse fish or seafood; pat dry with paper towels. If grilling poultry, fish, or seafood, lightly grease the rack or coat lightly with nonstick cooking spray. Preheat grill. Place meat, poultry, fish or seafood on grill rack. For fish fillets, tuck under any thin edges. If using a covered grill, close lid. If using uncovered grill, turn once, halfway through grilling. Approximate grill times are listed below. Use an instant-read, food thermometer to check temperature for doneness.

Cut or type	Thickness, Weight or Size	Doneness	Grilling Time COVERED	Grilling Time UNCOVERED
BEEF Boneless rib eye, tenderloin, or top loin steak	1 inch	Medium rare 145° F. Medium 160° F. Well done 170° F.	4-6 minutes 6-8 minutes 8-10 minutes	8-12 minutes 12-15 minutes 15-18 minutes
Boneless sirloin steak	1 inch	Medium rare 145° F. Medium 160° F. Well done 170° F.	5-7 minutes 7-9 minutes 9-11 minutes	12-15 minutes 15-18 minutes 18-21 minutes
Flank steak		Medium rare 145° F. Medium 160° F. Well done 170° F.	5-7 minutes 7-9 minutes 9-11 minutes	10-12 minutes 12-14 minutes 14-16 minutes
T-bone or porterhouse steak	1 inch	Medium rare 145° F. Medium 160° F. Well done 170° F.	Not recommended	8-12 minutes 12-15 minute 15-18 minutes
Ground Meat Patties	1/2 to 3/4 inch (4 per pound)	No longer pink = 160° F. (Poultry 165° F.)	5-7 minutes	14-18 minutes
Hot dogs, smoked bratwurst or Polish sausage	6 per pound	Heated throughout	2 1/2 to 3 minutes	5-6 minutes
LAMB Rib or loin chop	1 inch	Medium 160° F. Well done 170° F.	6-8 minutes 8-10 minutes	12-15 minutes 15-18 minutes
PORK Boneless loin chop	3/4 inch	Medium 160° F. Well done 170° F.	6-8 minutes 8-10 minutes	12-15 minutes 15-18 minutes
VEAL Boneless loin chop	3/4 inch	Medium 160° F. Well done 170° F.	4-5 minutes 5-6 minutes	7-9 minutes 9-11 minutes
POULTRY (skinless & boneless) Chicken breast half = white meat Chicken thigh = dark meat	4 ounces each	Tender, no longer pink = 170° F. White/180° F.	4-6 minutes	12-15 minutes
Turkey breast or tenderloin steak	1/2 inch (4 ounces each)	Tender and no longer pink = 170°	4-6 minutes	8-12 minutes
FISH and SEAFOOD Fillets or steaks	1/2 to 1 inch	Opaque and flakes easily with fork	2-3 minutes per 1/2 inch thickness	4-6 minutes per 1/2 inch thickness
Sea Scallops	15-20 per pound	Opaque and firm	2 1/2 to 4 minutes	6-8 minutes
Shrimp	Medium to large (20 per pound)	Opaque and pink	2 1/2 to 4 minutes	6-8 minutes

Indoor Electric Grilling Chart (continued)

Times and Temperatures for Vegetables

Rinse, trim, cut up, and precook vegetables as directed below. (Certain vegetables require precooking before grilling.) To precook vegetables, bring a small amount of water to a boil in a saucepan; add desired vegetable and simmer, covered, for the amount of time specified on the chart below. Or, you may precook vegetables in the microwave (times will vary).

If desired, generously brush vegetables with olive oil, melted butter or margarine to add extra flavoring (this will also add calories). To reduce calories, fat, and still prevent vegetables from sticking to grill rack, lightly coat grill with nonstick cooking spray. Preheat grill. Place vegetable on the rack. If using a covered grill, close lid. If using an uncovered grill, turn occasionally during grilling to cook evenly.

Vegetable	Preparation	Precooking Time	Grilling Time COVERED	Grilling Time UNCOVERED
Asparagus	Snap off and discard woody base of stems.	3 minutes	2-4 minutes	3-5 minutes
Eggplant	Cut off ends. Cut crosswise into 3/4 inch slices.	Do not precook.	4-5 minutes	8-10 minutes
Fennel	Snip off feathery leaves. Cut off stems.	10 minutes, then cut into 6-8 wedges.	4 minutes	8 minutes
Fresh baby carrots	Cut off carrot tops. Peel carrots.	3-5 minutes	3 minutes	3-5 minutes
Leeks	Cut off green tops; trim bulb roots and remove 1-2 layers of white skin.	10 minutes or until almost tender, then cut in half lengthwise.	2 1/2 to 3 minutes	5 minutes
Mushrooms: Button Portobello	Remove stems.	Do not precook. Do not precook.	2-3 minutes 3-4 minutes	6-8 minutes 6-8 minutes
New potatoes	Cut in half.	10 minutes or until almost tender.	5-6 minutes	10-12 minutes
Plum tomatoes	Cut in half, lengthwise.	Do not precook.	1-2 minutes	3-4 minutes
Sweet Peppers	Cut in half, lengthwise. Remove stems, seeds, and membranes. Cut into 1-inch strips.	Do not precook.	4-5 minutes	8-10 minutes
Zucchini, yellow or summer squash	Cut off ends. Cut into quarters, lengthwise.	Do not precook.	3 minutes	5-6 minutes

Adapted from Better Homes and Gardens *Indoor Grilling*