

| Cut | Thickness/Weight | Approximate Time | Doneness |
|---|--|--------------------------------------|---|
| Beef | | | |
| Boneless steak (ribeye, tenderloin, top loin) | 1 inch | 12 to 14 minutes 15 to 18 minutes | 145 degrees F medium rare 160 degrees F medium |
| Boneless steak (ribeye, tenderloin, top loin) | 1-1/2 inches | 18 to 21 minutes 22 to 27 minutes | 145 degrees F medium rare 160 degrees F medium |
| Boneless top sirloin steak | 1 inch | 15 to 17 minutes 20 to 22 minutes | 145 degrees F medium rare 160 degrees F medium |
| Boneless top sirloin steak | 1-1/2 inches | 25 to 27 minutes 30 to 32 minutes | 145 degrees F medium rare 160 degrees F medium |
| Boneless tri-trip steak (bottom sirloin) | 3/4 inch | 6 to 7 minutes 8 to 9 minutes | 145 degrees F medium rare 160 degrees F medium |
| Boneless tri-trip steak (bottom sirloin) | 1 inch | 9 to 10 minutes 11 to 12 minutes | 145 degrees F medium rare 160 degrees F medium |
| Flank steak | 1-1/4 to 1-3/4 pounds | 15 to 18 minutes | 160 degrees F medium |
| Steak with bone (porterhouse, rib, T-bone) | 1 inch | 12 to 15 minutes 15 to 20 minutes | 145 degrees F medium rare 160 degrees F medium |
| Steak with bone (porterhouse, rib, T-bone) | 1-1/2 inches | 20 to 25 minutes 25 to 30 minutes | 145 degrees F medium rare 160 degrees F medium |
| Ground Meat | | | |
| Patties (beef, lamb, pork, or veal) | 1/2 inch 3/4 inch | 10 to 12 minutes 12 to 14 minutes | 160 degrees F medium 160 degrees F medium |
| Lamb | | | |
| Chop (loin or rib) | 1 inch | 10 to 15 minutes | 160 degrees F medium |
| Chop (sirloin) | 1 inch | 12 to 15 minutes | 160 degrees F medium |
| Pork | | | |
| Chop with bone (loin or rib) | 3/4 to 1 inch 1-1/4 to 1-1/2 inches | 9 to 12 minutes 16 to 20 minutes | 160 degrees F medium 160 degrees F medium |
| Chop with bone (sirloin) | 3/4 to 1 inch | 10 to 13 minutes | 160 degrees F medium |
| Chop (boneless top loin) | 3/4 to 1 inch 1-1/4 to 1-1/2 inches | 9 to 11 minutes 15 to 18 minutes | 160 degrees F medium 160 degrees F medium |
| Ham slice, cooked | 1 inch | 12 to 15 minutes | 140 degrees F heated through |
| Sausages | | | |
| Frankfurters and sausage links, cooked | | 3 to 7 minutes | 140 degrees F heated through |
| Veal | | | |
| Chop (loin or rib) | 3/4 to 1 inch 1-1/2 inches | 14 to 16 minutes 21 to 25 minutes | 160 degrees F medium 160 degrees F medium |

All cooking times are based on meat removed directly from refrigerator.