

Cut	Thickness	Approximate Cooking Time	Doneness
Beef			
Boneless chuck eye steak	3/4 inch 1 inch	9 to 11 minutes 12 to 15 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Boneless top sirloin steak	3/4 inch 1 inch	10 to 13 minutes 15 to 20 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Boneless tri-tip steak (bottom sirloin)	3/4 inch 1 inch	6 to 9 minutes 9 to 12 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Cubed steak	1/2 inch	5 to 8 minutes	160 degrees F medium
Porterhouse or T-bone steak	3/4 inch 1 inch	11 to 13 minutes 14 to 17 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Ribeye steak	3/4 inch 1 inch	8 to 10 minutes 12 to 15 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Tenderloin steak	3/4 inch 1 inch	7 to 9 minutes 10 to 13 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Top loin steak	3/4 inch 1 inch	10 to 12 minutes 12 to 15 minutes	145 degrees F medium rare to 160 degrees F medium 145 degrees F medium rare to 160 degrees F medium
Ground Meat			
Patties (beef, lamb, pork, or veal)	1/2 inch 3/4 inch	9 to 12 minutes 12 to 15 minutes	160 degrees F medium 160 degrees F medium
Lamb			
Chop (loin or rib)	1 inch	9 to 11 minutes	160 degrees F medium
Pork			
Canadian-style bacon	1/4 inch	3 to 4 minutes	Heated through

Chop (loin or rib) (with bone or boneless)	3/4 to 1 inch	8 to 12 minutes	160 degrees F medium
Cutlet	1/4 inch	3 to 4 minutes	160 degrees F medium
Ham slice, cooked	1 inch	14 to 16 minutes	140 degrees F heated through
Tenderloin medallions	1/4 to 1/2 inch	4 to 8 minutes	160 degrees F medium
Veal			
Chop (loin or rib)	3/4 to 1 inch	10 to 14 minutes	160 degrees F medium
Cutlet	1/8 inch	2 to 4 minutes	160 degrees F medium
	1/4 inch	4 to 6 minutes	
All cooking times are based on meat removed directly from refrigerator.			