

Grilling Meat, Poultry, Fish, and Seafood

Trim fat from meat. Rinse fish or seafood; pat dry with paper towels. If grilling poultry, fish, or seafood, lightly grease the rack of a gas grill or lightly coat with cooking spray. Preheat grill. Place meat, poultry, fish, or seafood on the grill rack. For fish fillets, tuck under any thin edges. Grill for the time given below or until done. All timings are based on a medium coal temperature (350 degrees F to 375 degrees F).

Cut or Type	Thickness, Weight, or Size	Doneness	Direct Grilling Time (minutes)	Indirect Grilling Time (minutes)
Beef				
Boneless rib eye, tenderloin, or top loin steak	1 inch	Medium rare	14 to 18	22 to 26
		Medium	18 to 22	26 to 30
Boneless sirloin steak	1 inch	Medium rare	14 to 18	22 to 26
		Medium	18 to 22	26 to 30
Flank steak		Medium	12 to 14	18 to 22
T-bone or porterhouse steak	1 inch	Medium rare	8 to 12	16 to 20
		Medium	12 to 15	20 to 24
Ground meat patties	3/4 inch	No longer pink	14 to 18	20 to 24
Lamb				
Rib or loin chop	1 inch	Medium	10 to 14	18 to 20
		Medium	14 to 16	
Pork				
Boneless loin chop	3/4 inch	Medium	8 to 11	20 to 24
Veal				
Boneless loin chop	1 inch	Medium	14 to 16	19 to 23
Poultry				
Chicken breast half or thigh (skinless and boneless)	4 to 5 ounces each	Tender and no longer pink	12 to 15	15 to 18
Turkey breast tenderloin steak	1/2 inch (4 to 6 ounces each)	Tender and no longer pink	12 to 15	15 to 18
Fish & Seafood				
Fillet or steaks	1/2 to 1 inch	Flakes	4 to 6 per 1/2-inch thickness	15 to 18 per 1/2-inch thickness
Sea scallops	12 to 15 per pound	Opaque	5 to 8	5 to 8
Shrimp	Medium to large (20 per pound)	Pink	6 to 8	6 to 8