

Grilling Meat, Poultry, Fish, and Seafood on an Indoor Grill

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	Covered Grilling Time (minutes)	Uncovered Grilling Time (minutes)
Beef				
Boneless rib eye, tenderloin, or top loin steak	1 inch	Medium rare	4 to 6	8 to 12
		Medium	6 to 8	12 to 15
Boneless sirloin steak	1 inch	Medium rare	5 to 7	12 to 15
		Medium	7 to 9	15 to 18
Flank steak		Medium	7 to 9	12 to 14
T-bone or porterhouse steak	1 inch	Medium rare	Not recommended	8 to 12
		Medium		12 to 15
Ground meat patties	1/2 to 3/4 inch	No longer pink	5 to 7	14 to 18
Hotdogs or Smoked Bratwurst	6 per pound	Heated through	2-1/2 to 3	5 to 6
Lamb				
Rib or loin chop	1 inch	Medium	6 to 8	12 to 15
Pork				
Boneless loin chop	3/4 inch	Medium	6 to 8	12 to 15
Veal				
Boneless loin chop	3/4 inch	Medium	4 to 5	7 to 9
Poultry				
Chicken breast half or thigh (skinless and boneless)	4 ounces each	Tender and no longer pink	4 to 6	12 to 15
Turkey breast tenderloin steak	1/2 inch (4 ounces each)	Tender and no longer pink	4 to 6	8 to 12
Fish & Seafood				
Fillet or steaks	1/2 to 1 inch	Flakes	2 to 3 per 1/2-inch thickness	4 to 6 per 1/2-inch thickness
Sea scallops	15 to 20 per pound	Opaque	2-1/2 to 4	6 to 8
Shrimp	Medium to large (20 per pound)	Pink	2-1/2 to 4	6 to 8