

Temperature Guide for Baking, Grilling & Roasting

| Meat Type | Cooking Temp | Method | Approx time | Internal Temp |
|------------------------------------------------|--------------------------------------|----------------------------------------------|------------------------------------------|--------------------------------------------------------------|
| Chicken Breasts | 400-425° F | Indirect heat | apx 25 minutes | 155° F |
| Chicken Thighs | 400-425° F | Indirect heat | apx 25 minutes | 165° F |
| Chicken, Whole | 400-425° F preheat 300° F to cook | Indirect heat | apx 60-90 minutes | 165° F |
| Cod | | | | 130-135° F |
| Halibut | | | | 130-135° F |
| Lobster | | | | 145° F |
| Red Snapper | | | | 130-135° F |
| Shrimp/Scallops | 400-425° F | Direct heat | 2-4 minutes | 120° F |
| Swordfish or other 1- inch firm fish steaks | 400-425° F 300° F to cook | at first to mark Indirect heat to cook | 12 minutes | 135° F |
| Salmon fillets | 400-425° F | direct or indirect | 10-14 minutes | 135° F |
| Tilapia | | | | 130-135° F |
| Tuna | | | | 125° F or Ahi: 115 - 120° F |
| Pork babybacks | 400-425° F preheat 300° F to cook | Indirect heat | 1 hour | it's done when meat begins to shrink from the rib ends |
| Beef rib roast | 400° F | Indirect heat | | 130° F |
| Leg of Lamb | 400-425° F | Indirect heat | | 130° F |
| Pork tenderloin | 425-475° F | Direct heat | 20 minutes or less | 145° F |
| Pork loin roast | 400-425° F preheat 350° F to cook | Direct heat Indirect heat | 20 min to mark meat 45-60 min to cook | 145° F |
| Beef steak | 400-425° F | Direct heat to mark then indirect to cook | depends on thickness | 125° F med-rare and 130° medium |
| Ground Meats (like meatloaf: | | | | 160° F |
| Casseroles | | | | 165-175°F |
| Skirt steak/flap | 400-425° F | Direct heat | 1-1 1/2 min/side | |
| Quick Breads | | | | 200° |
| Cakes/Cupcakes | | | | 205-210° F |
| Molten Choc Cake | | | | 160° F |
| Bread/Rolls | | | | 190° F |
| Sourdough/Sturdy Types | | | | 205-210° F |
| Bread Pudding | | | | 160° F |
| Pies (sweet potato, pumpkin, fruit) | | | | 175° F |
| Sauces | | | | 160° F |
| Hollandaise Sauce | | | | 145-150° F |
| Quiche | | | | 165-185° F |
| Custard | | | | 175-180° F |
| Baked Potato | | | | 210-212° F |

Disclaimer: This is a guideline - ovens are different, cuts of meat, breads, etc. could be different. The FDA may recommend a higher temp for chicken and pork, so by no means should you take my suggestions as healthy for you or your family. Some info: