

## 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 fillet (farm raised)	400-425° F	direct or indirect	10-14 minutes	125° F
Salmon fillets (wild)	400-425° F	direct or indirect	10-14 minutes	120° 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: Casseroles				160° F 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				205° 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: