

Temperature Guide for Grilling & Roasting Meat/Fish/Poultry

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
Shrimp/Scallops	400-425° F	Direct heat	2-4 minutes	
Swordfish or other 1-1/2 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
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
Skirt steak/flap	400-425° F	Direct heat	1-1 1/2 min/side	

Disclaimer:

The chart was originally compiled for outdoor grilling, but I've added meat types and temps for roasting, or just so I know what the internal temp is supposed to be. It's just a guideline - ovens are different, cuts of meat are different too. 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.