

Hugh Carpenter's Guide for Grilling Meat, Poultry & Fish

Meat Type	Temperature	Cooking method	Cooking Time	Internal Temp
Chicken Breasts	400-425	Indirect	aprx 25 min	155
Chicken	400-425	Indirect	aprx 30 min	165
Shrimp/Scallops	400-425	Direct heat	2-4 min	?
Swordfish or other 1-inch firm fish steaks	400-425 300	Direct to mark Indirect to cook	Aprx 12 min	135
Pork Babybacks	400-425 to preheat 300	Indirect	1 hour	When meat begins to shrink from rib ends
Beef Rib Roast	400-425	Indirect	?	130
Leg of Lamb	400-425	Indirect	?	130
Pork Tenderloin	425-475	Direct	20 min	150-155
Pork Loin	400-425 350	Direct Indirect to finish	20 min to mark 45-60 min	150

Slather the grill with oil just before you put anything on it. Use the new kind of plastic mop that won't melt even in direct heat. He describes "Medium Heat" this way: if you can hold your hand over the heat (several inches above grill) for 3 seconds ("one thousand, two thousand, three thousand") that's Medium, and it's approximately 400-425. He also recommends using one of the new meat thermometers - the probe will tell you the meat temp as well as the interior oven (or grill) temperature.

To **mark** means to grill the meat until there are "marks" on the meat, grill marks. Where you see two temperatures within the same box, it means you first cook at the higher temp, then reduce heat to the second temp to finish cooking.

These suggested temps are a guide only. You need to determine your own degree of done-ness. Pork must be cooked to over 137 degrees to protect from trichinosis. These temps are the ones to use when you REMOVE meat from the grill. It will continue cooking while it rests and before you cut and serve.

Obviously, this isn't a complete list. If you'd like to have a copy of my original file, so you can add your own items to it, email me at ctndt@cox.net and I'll email it to you.

Source: Hugh Carpenter's grilling cookbooks, and classes I've taken from him.