

Chef's Larry G's Grillmaster Cheat Sheet

Food	Size	Time over medium-high direct heat unless noted	Internal Temperature*
Burgers	3/4 inch thick	5 minutes, then flip and cook 3 more minutes for medium	N/A
Skirt Steak	1/2 inch thick	5 minutes, then flip and cook 3 more minutes	130°
Flank Steak	3/4 to 1 inch thick	6 to 8 minutes, then flip and cook 5 to 7 more minutes	130°
Filet Mignon	1 to 1 1/4 inch thick	6 minutes per side	125°
Top Sirloin Steak	3/4 inch thick	4 to 5 minutes per side	130°
Strip Steak	3/4 to 1 inch thick	6 minutes per side	130°
Rib-Eye Steak	bone-in; 1 inch thick	5 to 6 minutes per side	125°
T-Bone / Porterhouse Steak	1 to 1 1/2 inch thick	6 to 8 minutes per side, covered, over indirect heat, then 2 minutes per side over direct heat	125°
Boneless Chicken Breasts	6-8 ounces each	5 to 6 minutes per side	160°
Chicken Thighs & Drumsticks	10 ounces each	15 min over indirect heat (skin-side up & covered), then flip & cook, uncovered, 10 to 12 more min	160°
Pork Chops	bone-in; 3/4 to 1 inch thick	4 to 6 minutes per side	140° to 145°
Pork Tenderloin	1 pound	16 to 20 minutes, turning occasionally	140° to 145°
Shrimp	large; peeled and deveined	2 to 3 minutes per side	N/A
Thick Fish Fillets or Steaks (salmon, swordfish or tuna)	3/4 inch thick; 6-8 ounces	4 to 5 minutes (skin-side down), then flip and cook 2 to 3 more minutes	N/A

* Beef is cooked to medium rare unless noted. To take the temperature of steak, insert a thermometer into the side.
Let all meat and fish rest at least 5 minutes before serving. **Article courtesy of Food Network Magazine.**



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