



The following cuts, thicknesses, weights and barbecuing times are meant to be guidelines rather than rules. Cooking times and temperatures are affected by factors such as altitude, wind, outside temperature, how much food you are cooking and how well done you like your food.

**Direct cooking:** Grill steaks, fish fillets, boneless chicken pieces and vegetables using the direct method for the time given on the chart, turning once, halfway through cooking.

**Indirect cooking:** Roast whole poultry, bone in poultry pieces, roast meats, whole fish and other thicker cuts using the indirect method. There is no need to turn the food. Let roasts and larger cuts of meat rest for 5 to 10 minutes before carving.

**Cooking times are for MEDIUM unless otherwise noted.**

**To calculate the cooking times for any roast, measure the thickness and calculate 1 minute per millimetre. For example, if the roast is 90mm thick, cook it for 90 minutes. If you want your roast to be well done, you will need to add 20% (or 18 minutes) to the cooking time. On the other hand, if you want it rare, you will need to deduct 20% (or 18 minutes).**

TYPE	THICKNESS/ WEIGHT	APPROXIMATE COOKING TIME	BBQ TEMP GUIDE
Backstrap	2.5 cm thick, 300 g	8 - 10 minutes <i>grill/direct high heat</i>	(250 - 290°C)
Burger, lamb mince	2 cm thick	8- 10 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Chop, cutlet or steaks: loin, chump, forequarter, rump (trimmed, if un-trimmed use a hotplate)	2 cm thick	4 - 6 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
	2.5 cm thick	6 - 8 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Leg of lamb, bone in	1.8 - 2.3 kg (approx. thickness 80-100 mm)	1½ - 2 hours <i>roast/indirect medium heat</i>	(190 - 230°C)
Leg of lamb, boneless, rolled	1.25-1.5 kg (approx. thickness 80-100 mm)	1½ - 1¾ hours <i>roast/indirect medium heat</i>	(190 - 230°C)
Leg of lamb, butterflied	1.5-1.75 kg	30 - 45 minutes total: sear 10-15 minutes <i>grill/direct medium heat</i> ,	(200 - 230°C)
		cook 20 - 30 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Rack of lamb	500-750 g	25 - 35 minutes <i>roast/indirect high heat</i>	(230 - 260°C)
Ribs	400 g per rack	4 - 5 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Sausages, fresh	75 g, thick	10 - 14 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Shoulder, bone-in	1.5 - 2 kg	7 - 8 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Shoulder, boneless, rolled	1.25-1.5 kg	6 - 7 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Skewer	3 cm cubes	6 - 7 hours <i>low and slow/indirect very low heat</i>	(230 - 260°C)

## Red Meat Temperature Guide

The following chart gives a guide to how well done your meat will be, based on the internal temperature of the meat. The thermometer should be inserted into the thickest part of the meat, avoiding any bone. Keep in mind the internal temperature will continue to rise 3-6°C while it's resting.

INTERNAL MEAT TEMPERATURE GUIDE		
Red Meat	Rare	49°C
	Medium Rare	54°C
	Medium	60°C
	Medium Well	66°C
	Well Done	68°C
	Low and Slow (Sliced)	88-91°C
	Low and Slow (Sliced)	93-95°C
Minced Meat / Sausage	Well Done	68°C