



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
Beef Cheeks	200 g	5 - 6 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Brisket, whole (untrimmed)	6 - 7 kg	10 - 12 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Burger, minced beef	2 cm thick	8 - 10 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Chuck Roast	10 cm thick (approx. 2 kg)	8 - 10 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Fillet, whole	1.75 - 2 kg (7 - 8 cm thick)	28 - 38 minutes total: sear 8 minutes <i>grill/direct high heat</i> , then roast 20 minutes <i>indirect medium heat</i>	(230 - 260°C)
	Best cooked to medium rare		(190 - 230°C)
Meatballs	4 - 5 cm thick	10 - 12 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Roasts; sirloin, prime rib (bone in or boneless), bolar, rump, corned silverside	To calculate the cooking times for any beef roasts, measure the thickness and calculate 1 minute per millimetre. The cooking time has very little to do with the weight. For example; if the roast is 90 mm thick, cook it for 90 minutes.		(190 - 230°C)
	80 mm thick (approx. 2 - 2.5 kg)	80 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	100 mm thick (approx. 2.5 - 3 kg)	100 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	120 mm thick (approx. 4 kg)	120 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Short ribs (3 bone rack)	2 - 2.5 kg	7 - 8 hours <i>roast/indirect very low heat</i>	(100 - 130°C)
Skewer	3 cm cubes	6 - 7 minutes <i>grill/direct high heat</i>	(230 - 260°C)
Skirt steak, flank steak	1 - 1.5 cm thick	4 - 6 minutes <i>grill/direct high heat</i>	(250 - 290°C)
Steak: minute, rump, porter- house, rib-eye, T-bone or fillet	5 mm thick (minute steaks)	1 minute <i>grill/direct high heat</i>	(250 - 290°C)
	2 cm thick	4 - 6 minutes <i>grill/direct high heat</i>	(250 - 290°C)
	2.5 cm thick	6 - 8 minutes <i>grill/direct high heat</i>	(250 - 290°C)
	3 cm thick	8 - 10 minutes <i>grill/direct high heat</i>	(250 - 290°C)
	4 cm thick	14 - 21 minutes total: 4 - 6 minutes <i>grill/direct high heat</i> , then roast 10 - 15 minutes <i>indirect medium heat</i>	(250 - 290°C) (190 - 230°C)
Steak (slow cook); chuck, osso buco	3 cm thick	3 hours total: 4 - 6 minutes <i>grill/direct high heat</i> , then simmer approx. 3 hours <i>indirect medium heat</i>	(250 - 290°C) (190 - 230°C)
Tri- tip	900 g to 1.1 kg	30 to 40 minutes total: sear 10 minutes <i>grill/direct medium heat</i> , then roast 20 to 30 minutes <i>indirect medium heat</i>	(180 - 230°C) (190 - 230°C)