

GRILL SKILL

FRUIT BARBECUING GUIDE



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 tender fruits like berries, or thin slices using the direct method for the time given on the chart, turning once, halfway through cooking.

Indirect cooking: Roast whole fruits like apples, pineapples or other thicker cuts using the indirect method. There is no need to turn the food.

TYPE	THICKNESS/ WEIGHT	APPROXIMATE COOKING TIME	BBQ TEMP GUIDE
Apple	whole	35 - 40 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Apricot	halved lengthways	4 - 6 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Banana	halved lengthways	3 - 5 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Peach/Nectarine	halved lengthways	6 - 8 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Pear	halved lengthways	6 - 8 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Pineapple	1 cm slices or 2.5 cm wedges	5 - 10 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Pineapple, whole	800 g to 1 kg	90 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Plum	halved lengthways	4 - 6 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Strawberry	whole	4 - 5 minutes <i>grill/direct medium heat</i>	(200 - 230°C)



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