

# GRILL SKILL

# PORK 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 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.

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

TYPE	THICKNESS/ WEIGHT	APPROXIMATE COOKING TIME	BBQ TEMP GUIDE
Leg of ham, raw (pickled), bone in	5-6 kg	3.5 hours <i>roast/indirect medium heat</i>	(190 - 230°C)
Leg of pork, rolled (skin on)	1.75- 2 kg (90-110 mm)	1½ - 2 hours total: 20 - 30 minutes <i>roast/indirect high heat</i> , 70 - 90 minutes <i>roast/indirect medium heat</i>	(230 - 260°C) (190 - 230°C)
Loin roast, bone in (skin on)	1.5–2.5 kg (90-110 mm thick)	1½ - 2 hours total: 20 - 30 minutes <i>roast/indirect high heat</i> , then roast 70 - 90 minutes <i>indirect medium heat</i>	(230 - 260°C) (190 - 230°C)
Loin roast, boneless, rolled (skin on)	1.75 kg (90mm-110 mm)	1½ - 2 hours total: 20 - 30 minutes <i>roast/indirect high heat</i> , then roast 70 - 90 minutes <i>indirect medium heat</i>	(230 - 260°C) (190 - 230°C)
Ribs; baby back, St louis	700 g–1 kg	3 - 4 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
	1.25–1.75 kg	4 - 5 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Sausage, fresh	60 g, thin	8 - 12 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
	75 g, thick	10 - 14 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Sausage, precooked	75 g	8 - 10 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Oyster Shoulder roast; bone in or boneless	2.5–3 kg	6 - 8 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
	3 – 3.5 kg	8 - 10 hours <i>low and slow/indirect very low heat</i>	(100 - 130°C)
Sparerib, pork belly rashers	25 mm thick	12 - 16 minutes <i>grill/direct medium heat</i>	(200 - 230°C)

## Pork 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		
Pork	Medium	63°C
	Medium Well	68°C
	Low and Slow (Sliced)	88 - 91°C
	Low and Slow (Pulled)	93 - 95°C
Ham, Raw		71°C
Ham, fully cooked (to reheat)		60°C
Minced Meat / Sausage	Well Done	71°C



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