



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
Burger, Chicken mince	2 cm thick	10 - 12 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Chicken breast, bone in	300–340 g whole	23 - 35 minutes total: 3 - 5 minutes <i>grill/direct medium heat</i> , 20 - 30 minutes <i>roast/indirect medium heat</i>	(200 - 230°C) (190 - 230°C)
Chicken breast, boneless, skinless	175–225 g whole	15 - 20 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Chicken drumstick	2.5 cm thick	23 - 35 minutes total: 3 - 5 minutes <i>grill/direct medium heat</i> , 25 - 35 minutes <i>roast/indirect medium heat</i>	(200 - 230°C) (190 - 230°C)
Chicken drumstick (marinated)	75–115 g	40 - 50 minutes <i>roast/indirect medium heat</i>	(200 - 230°C)
Chicken maryland	300–340 g	23 - 35 minutes total: 3 - 5 minutes <i>grill/direct medium heat</i> , 25 - 35 minutes <i>roast/indirect medium heat</i>	(200 - 230°C) (190 - 230°C)
Chicken tenderloin	100 g	6 minutes <i>grill/direct medium-high heat</i>	(200 - 240°C)
Chicken thigh, bone in	140–175 g	23 - 35 minutes total: 3 - 5 minutes <i>grill/direct medium heat</i> , 20 - 30 minutes <i>roast/indirect medium heat</i>	(200 - 230°C) (190 - 230°C)
Chicken thigh, boneless, skinless	115 g	8 - 10 minutes <i>grill/direct medium heat</i>	(200 - 230°C)
Chicken, whole	1.8 kg	1 hour 8 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	2 kg	1 hour 12 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	2.2 kg	1 hour 16 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	2.4 kg	1 hour 20 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Chicken wing	70–75 g	25 - 35 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Duck breast, boneless	300–340 g	20 - 25 minutes <i>roast/indirect medium heat</i> , sear skin side down only for 2 minutes <i>grill/ direct medium heat</i>	(190 - 230°C) (200 - 230°C)
Duck, whole	1.6-2.2 kg	1 - 1¼ minutes <i>roast/indirect medium-high heat</i>	(210 - 240°C)
Turkey breast, boneless	1-1.2 kg	1 - 1¼ hours <i>roast/indirect medium heat</i>	(190 - 230°C)
Turkey, whole, not stuffed	4-5 kg	1¾ - 2¼ hours <i>roast/indirect medium heat</i>	(190 - 230°C)
	5-6 kg	2¼ - 2½ hours <i>roast/indirect medium heat</i>	(190 - 230°C)
	6–7 kg	2½ - 3 hours <i>roast/indirect medium heat</i>	(190 - 230°C)

Poultry 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		
Poultry	Well Done	74°C