

VEGETABLES AND PLANT-BASED 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
Asparagus	1 cm diameter	4 minutes grill/direct medium heat	(200 - 230°C)
Beetroot	whole whole	1 - 1½ hours roast/indirect medium heat	(190 - 230°C)
Broccoli	3 cm florets	30 minutes roast/indirect medium heat	(190 - 230°C)
Broccolini	1 cm	6 minutes grill/direct medium heat	(200 - 230°C)
Capsicum	whole	10 - 12 minutes grill/direct high heat	(230 - 260°C)
	Halved or quartered	6 - 8 minutes grill/direct medium heat	(200 - 230°C)
Carrot	2.5 cm diameter	45 - 55 minutes roast/indirect medium heat	(190 - 230°C)
Carrot, baby	1 cm	40 minutes roast/indirect medium heat	(190 - 230°C)
Cauliflower	2 cm steaks	16 - 20 minutes grill/direct medium heat	(200 - 230°C)
	3 cm florets	30 minutes roast/indirect medium heat	(190 - 230°C)
	Whole	90 minutes roast/indirect medium heat	(190 - 230°C)
Chilli	Whole	3 - 5 minutes grill/direct medium heat	(200 - 230°C)
Corn, husked	Whole	10 - 15 minutes grill/direct high heat	(230 - 260°C)
Eggplant	1 cm slices	6 - 8 minutes grill/direct medium heat	(200 - 230°C)
Fennel	quartered	5 - 6 minutes grill/direct medium heat	(200 - 230°C)
Garlic	whole	40 - 50 minutes roast/indirect medium heat	(190 - 230°C)
Halloumi	1 cm thick slice	2 - 3 minutes grill/direct medium-high heat	(200 - 230°C)
Leek	halved	8 - 10 minutes grill/direct medium heat	(200 - 230°C)
Mushroom, button or shiitake	whole	8 - 10 minutes grill/direct medium heat	(200 - 230°C)
Mushroom, portobello whole	whole	8 - 10 minutes grill/direct medium heat	(200 - 230°C)
Onion	halved	35 - 40 minutes roast/indirect medium heat	(190 - 230°C)
	1 cm	8 - 12 minutes grill/direct medium heat with a hotplate	(200 - 230°C)
Plant-based	Patties, 2 cm thick	8 - 12 minutes grill/direct medium heat	(200 - 230°C)
	Sausages 3 cm thick	8 - 12 minutes grill/direct medium heat	(200 - 230°C)
Potato, baby	halved	30 - 40 minutes roast/indirect medium heat	(190 - 230°C)
Potato	whole	1 - 1¼ hour roast/indirect medium heat	(190 - 230°C)
	4 cm cubes (or quarters)	45 mins - 1 hour roast/indirect medium heat	(190 - 230°C)
	1 cm slices	10 - 12 minutes grill/direct medium heat	(200 - 230°C)
Pumpkin	7 mm thick slices	10 - 12 minutes grill/direct medium heat	(200 - 230°C)
	4 cm cubes/ wedges	30 - 45 minutes roast/indirect medium heat	(190 - 230°C)
Pumpkin, butternut	halved	40 - 60 minutes roast/indirect medium heat	(190 - 230°C)
Spring onion	whole	3 - 4 minutes grill/direct medium heat	(200 - 230°C)
Squash, yellow	Halved	6 - 8 minutes grill/direct medium heat	(200 - 230°C)

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GRILL SKILL

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TYPE	THICKNESS/ WEIGHT	APPROXIMATE COOKING TIME	BBQ TEMP GUIDE
Sweet potato	whole	1 hour roast/indirect medium heat	[190 - 230°C]
	3 cm cubes	45 mins - 1 hour roast/indirect medium heat	[190 - 230°C]
	1 cm slices	12 - 15 minutes grill/direct medium heat	[200 - 230°C]
Tofu	2 cm slices	8 - 10 minutes grill/direct medium-high heat	[210 - 240°C]
Tomato	whole	8 - 10 minutes grill/direct medium heat	[200 - 230°C]
	halved	6 - 8 minutes grill/direct medium heat	[200 - 230°C]
Zucchini	1 cm slices	4 - 6 minutes grill/direct medium heat	[200 - 230°C]



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