

WHAT TEMPERATURE TO SET YOUR BBQ?

BARBECUE TEMPERATURE	°C
Cold Smoking	1 - 24
Smoking	50 - 100
Barbecuing	107 - 150
Grilling	150 - 260
Searing	260 - 400

AT WHAT TEMPERATURE IS IT SAFE TO EAT?

MINIMUM CORE TEMPERATURE	°C
Beef	63
Pork	63
Veal	63
Lamb	63
Fish	63
Shellfish	63
Poultry	74
Processed foods (minced meat, sausage, hamburgers)	71
Stew, pre-cooked products, reheated leftovers	74

RULES OF THUMB

- + The thicker the meat, the lower the barbecue temperature
- + The thinner the meat, the higher the barbecue temperature
- + The more fat and connective tissue the meat has, the longer the cooking time
- + The less connective tissue, the shorter the cooking time
- + The more a muscle is used, the tougher the meat, the longer the cooking time
- + The more stable the barbecue temperature, the better the end result

HOW DO I WANT MY STEAK?

STEAK PREPARATION	CORE °C	
Blue	Dark purple/red, tepid, slightly juicy	49
Rare	Clear purple/red, warm, tender, juicy	54
Medium rare	Clear red, tender, very juicy	57
Medium	Pink, tender, fairly juicy	63
Medium well	Light pink/gray, firm, slightly fibrous, slightly juicy	68
Well done	Grey, on the tough side, fibrous, barely juicy	68+

FOR GRATE GOODS BBQ PRODUCTS, STORIES AND RECIPES VISIT OUR WEBSITE



BBQ WITH THE HEART, BUT DO IT SMART!

The temperatures given in this cheat sheet are general guidelines and do not guarantee successful results, nor guarantee food safety. We work with natural products and results depend on many factors. Good preparation, fresh products and the right materials go a long way in ensuring good results. In any case, choose sustainable products!



BARBECUE TIME AND TEMPERATURE CHEAT LIST

RELAX AND COOK TO CORE. NO LESS NO MORE!

WHEN IS IT DONE?

A common question when it comes to barbecuing. Of course, barbecuing is not an exact science and every piece of meat is not the same. Not to mention outside temperatures, wind direction, types of fuel, and so on...

The core temperature ultimately determines whether your dish is ready; has the correct doneness, has reached maximum tenderness, juiciness and food safety. Not cooking time! This cheat sheet provides a number of guidelines and rough estimates of cooking times. A good digital core temperature meter is an essential tool for this!

Barbecuing (fortunately) isn't an exact science, and maintaining the right temperature isn't always as easy with every barbecue. The mentioned temperature guidelines work best with a barbecue with a lid that can be closed.

TEMPERATURE

PRODUCT	BBQ °C		CORE C°		AVERAGE COOKING TIME		
	MIN	MAX	MIN	MAX			
 BEEF	Brisket	100	150	88	96	 BEEF 12 - 20 hours 2,5 hours per kilo	
	Beef ribs	100	150	85	95		
	Rib roast / Cote de Boeuf	100	150	54	63		
	Steak heel	100	150	54	63		
	Beef sausage	100	150	57	71		
	Tri-tip	100	150	54	60		
	Roulade	100	150	52	85		
	Steak High and Fast	170	260	49	68		
	Brisket	100	150	88	96		 BEEF 4 - 10 hours 30 min. per kilo 30 min. per kilo 30 min. - 1,5 hours 1,5 - 3 hours 1,5 - 3 hours 1,5 - 3 hours 10 - 15 min. 2x 1,5 to 3,5 min. per side
	Beef ribs	100	150	85	95		
Rib roast / Cote de Boeuf	100	150	54	63			
Steak heel	100	150	54	63			
Beef sausage	100	150	57	71			
Tri-tip	100	150	54	60			
Roulade	100	150	52	85			
Steak High and Fast	170	260	49	68			
 VEAL	Veal roast / whole cut	100	150	57	71	 VEAL 1 - 1,5 hours 1 hours per kilo 5 to 7 min. per side	
	Veal, cutlet, steak	170	260	57	68		
 PORK	Whole shoulder / Boston butt	100	150	88	96	 PORK 8 - 16 hours 3 hours per kilo 4 - 6 hours 8 - 16 hours 2,5 hours per kilo 5 - 7 hours 1 - 2 hours 1 - 2 hours 3 - 6 hours 2 hours per kilo 6 - 14 hours 3 hours per kilo 10 - 15 min. 5 to 7 min. per side	
	Baby back ribs	100	150	82	88		
	St. Louis style	100	150	82	85		
	Loin	100	150	63	74		
	Whole hog	100	150	74	88		
	Pig sausage	100	150	63	74		
	Ham	100	150	63	71		
	Pork neck, cut or pulled	100	150	73	96		
	Cutlet	170	260	63	74		
	Whole shoulder / Boston butt	100	150	88	96		 PORK 8 - 16 hours 3 hours per kilo 4 - 6 hours 8 - 16 hours 2,5 hours per kilo 5 - 7 hours 1 - 2 hours 1 - 2 hours 3 - 6 hours 2 hours per kilo 6 - 14 hours 3 hours per kilo 10 - 15 min. 5 to 7 min. per side
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Loin	100	150	63	74			
Whole hog	100	150	74	88			
Pig sausage	100	150	63	74			
Ham	100	150	63	71			
Pork neck, cut or pulled	100	150	73	96			
Cutlet	170	260	63	74			
 PAULTRY	Whole chicken	135	175	74	79	 PAULTRY 1 - 2 hours 1 hours per kilo 45 min. - 1,5 hours 45 min. - 1,5 hours 3 - 8 hours 1 hours per kilo 2 - 4 hours 1 hours per kilo 1 - 2 hours 15 min. - 1 hours 30 min. - 2 hours 30 min. - 2 hours 15 min. - 45 min.	
	Split chicken	135	175	74	79		
	Chicken breast fillet	100	150	66	74		
	Whole turkey	100	150	74	79		
	Split turkey	135	175	74	79		
	Turkey breast fillet	100	150	74	79		
	Whole quail	100	150	74	79		
	Whole pheasant	100	150	74	79		
	Whole duck	100	150	74	79		
	Duck breast fillet	100	150	49	68		
Whole chicken	135	175	74	79	 PAULTRY 1 - 2 hours 1 hours per kilo 45 min. - 1,5 hours 45 min. - 1,5 hours 3 - 8 hours 1 hours per kilo 2 - 4 hours 1 hours per kilo 1 - 2 hours 15 min. - 1 hours 30 min. - 2 hours 30 min. - 2 hours 15 min. - 45 min.		
Split chicken	135	175	74	79			
Chicken breast	100	150	66	74			
Whole turkey	100	150	74	79			
Split turkey	135	175	74	79			
Turkey breast fillet	100	150	74	79			
Whole quail	100	150	74	79			
Whole pheasant	100	150	74	79			
Whole duck	100	150	74	79			
Duck breast fillet	100	150	49	68			
 LAMB	Shoulder of lamb	100	150	60	70	 LAMB 1 - 3 hours 2 - 3 hours 20 min. - 1 hours 20 min. - 1 hours	
	Leg of lamb	100	150	60	70		
	Rack of lamb	100	150	50	60		
	Lamb fillets	100	150	50	60		
Shoulder of lamb	100	150	60	70	 LAMB 1 - 3 hours 2 - 3 hours 20 min. - 1 hours 20 min. - 1 hours		
Leg of lamb	100	150	60	70			
Rack of lamb	100	150	50	60			
Lamb fillets	100	150	50	60			
 FISH AND SHELLFISH	Whole salmon	100	130	57	63	 FISH AND SHELLFISH 40 min. - 2 hours 10 min. - 1 hours 40 min. - 2 hours 10 min. - 1 hours 40 min. - 2 hours 10 - 30 min. 15 min. - 1 hours	
	Salmon fillet	100	130	57	63		
	Whole trout	100	130	57	63		
	Whole white fish	100	130	57	63		
	White fish fillets	100	130	57	63		
	Prawn	100	130	57	60		
	Lobster	100	130	57	60		
	Whole salmon	100	130	57	63		 FISH AND SHELLFISH 40 min. - 2 hours 10 min. - 1 hours 40 min. - 2 hours 10 min. - 1 hours 40 min. - 2 hours 10 - 30 min. 15 min. - 1 hours
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White fish fillets	100	130	57	63			
Prawn	100	130	57	60			
Lobster	100	130	57	60			
 MISCELLANEOUS	Fatty / Meatloaf	120	150	63	71	 MISCELLANEOUS 1 - 3 hours 30 min. - 1,5 hours 30 min. - 1,5 hours 8 - 15 min. 4 to 7 min. per side	
	MOINK Balls	120	150	57	71		
	Hamburgers, beef, low & slow	100	150	57	71		
	Hamburgers, beef, high & fast	170	260	57	71		
Fatty / Meatloaf	120	150	63	71	 MISCELLANEOUS 1 - 3 hours 30 min. - 1,5 hours 30 min. - 1,5 hours 8 - 15 min. 4 to 7 min. per side		
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