

Cooking Times by Thickness

Minutes per side over high heat unless noted. Always confirm with a thermometer.

BEEF STEAKS

Thickness or cut	Rare	Medium-rare	Medium	Medium-well	Well done
1/2 inch	2	2 to 3	3	4	5
3/4 inch	3	3 to 4	4 to 5	5 to 6	6 to 7
1 inch	3 to 4	4 to 5	5 to 6	6 to 7	8 to 9
1 1/4 inches	4 to 5	5 to 6	6 to 7	7 to 8	9 to 10
1 1/2 inches	5 to 6	6 to 7	7 to 8	8 to 9	10 to 12
2 inches	8 to 10	10 to 12	12 to 14	14 to 16	16 to 18

FLANK STEAK, SKIRT STEAK AND LONDON BROIL

Thickness or cut	Rare	Medium-rare	Medium
1/2 inch (skirt steak)	2 to 3	3 to 4	4 to 5
3/4 to 1 inch (flank steak)	4 to 5	5 to 6	6 to 7
1 1/2 inches (top round London broil)	6 to 7	7 to 9	9 to 10

GROUND BEEF PATTIES AND MEATBALLS

Thickness or cut	Grill or skillet, medium-high	Bake at 400°F
Patty, 1/2 inch	3 to 4 min per side	10 to 12 min
Patty, 3/4 inch	4 to 6 min per side	15 to 18 min
Patty, 1 inch	6 to 7 min per side	18 to 22 min
Meatballs, 1 inch	10 to 12 min, turning	15 to 18 min
Meatballs, 1 1/2 inches	15 to 18 min, turning	20 to 25 min

BONELESS CHICKEN BREASTS

Thickness or cut	Grill or skillet, medium-high	Bake at 400°F
1/2 inch (pounded or cutlets)	3 to 4 min per side	12 to 15 min
3/4 inch	5 to 6 min per side	15 to 20 min
1 inch	6 to 8 min per side	20 to 25 min
1 1/2 inches (whole thick breast)	9 to 11 min per side, medium heat	25 to 30 min

CHICKEN PIECES, WHOLE CHICKEN, TURKEY BREAST AND CORNISH HENS

Thickness or cut	Bake or roast	Grill
Boneless thighs	20 to 25 min at 400°F	5 to 6 min per side, direct medium-high
Bone-in breast halves	35 to 45 min at 400°F	30 to 40 min, indirect medium
Bone-in thighs	35 to 45 min at 400°F	30 to 40 min, indirect medium
Drumsticks	40 to 50 min at 400°F	35 to 45 min, indirect medium, turning
Wings	40 to 50 min at 400°F, turning once	20 to 25 min, medium, turning often
Whole chicken, 4 to 5 pounds	1 1/2 to 2 hours at 350°F, or 1 1/4 to 1 1/2 hours at 425°F	1 1/4 to 1 1/2 hours, indirect medium
Cornish game hens, 1 1/4 to 1 1/2 pounds	50 to 60 min at 400°F	45 to 60 min, indirect medium
Bone-in turkey breast, 5 to 6 pounds	1 3/4 to 2 1/4 hours at 325°F	Roast instead

PORK CHOPS

Thickness or cut	Grill or skillet, medium-high	Bake at 400°F
1/2 inch	2 to 3 min per side	8 to 10 min
3/4 inch	3 to 4 min per side	12 to 15 min
1 inch	4 to 6 min per side	15 to 20 min
1 1/2 inches	Sear 3 to 4 min per side, then 8 to 12 min in a 400°F oven	25 to 30 min

PORK TENDERLOIN AND PORK LOIN ROAST

Thickness or cut	Method	Time
Tenderloin, 1 to 1 1/2 pounds	Roast at 425°F	20 to 25 min
Tenderloin, 1 to 1 1/2 pounds	Grill, medium-high, turning	18 to 25 min
Stuffed, rolled tenderloin	Sear, then roast at 400°F	20 to 22 min
Boneless loin roast	Roast at 350°F	20 to 25 min per pound
Bone-in loin roast	Roast at 350°F	20 to 25 min per pound

PORK RIBS

Thickness or cut	Method	Time
Baby back ribs	Wrapped in foil at 300°F, then 3 to 4 min per side on a hot grill	2 to 2 1/2 hours
Spareribs	Uncovered at 350°F, basting with glaze	1 1/2 to 2 hours
Spareribs	Wrapped in foil at 300°F	2 1/2 to 3 hours
Country-style ribs	In a pan with sauce at 350°F	1 1/2 to 2 hours
Spareribs, cut into pieces	Pressure cooker at high pressure	About 20 min plus release

KABOBS

Thickness or cut	Grill time, turning	Target
Beef, 1 to 1 1/2-inch cubes	10 to 15 min	135°F to 145°F
Chicken, 1 to 1 1/4-inch cubes	10 to 12 min	165°F
Pork, 1-inch cubes	10 to 12 min	145°F
Large shrimp	5 to 6 min	Pink and opaque

FISH FILLETS AND FISH STEAKS

Thickness or cut	Skillet or grill, medium-high	Bake at 400°F	Broil, 4 inches from heat
1/2 inch	2 to 3 min per side	8 to 10 min	4 to 6 min, no turning
3/4 inch	3 to 4 min per side	10 to 12 min	6 to 8 min
1 inch	4 to 5 min per side	12 to 15 min	8 to 10 min, turning once
1 1/2 inches	6 to 7 min per side, medium heat	15 to 20 min	12 to 15 min, turning once
2 inches	8 to 10 min per side, medium heat	20 to 25 min	Bake instead

TUNA STEAKS

Thickness or cut	Rare	Medium-rare	Medium
3/4 inch	1	2	3
1 inch	1 to 2	3	4 to 5
1 1/2 inches	2 to 3	3 to 4	5 to 6

SHRIMP AND SCALLOPS

Thickness or cut	Saute or grill, medium-high	Bake at 400°F
Medium shrimp (41 to 50 per pound)	1 to 2 min per side	6 to 8 min
Large shrimp (26 to 30 per pound)	2 to 3 min per side	8 to 12 min
Jumbo shrimp (16 to 20 per pound)	3 to 4 min per side	10 to 15 min
Sea scallops	1 1/2 to 2 min per side, very hot pan	10 to 12 min
Bay scallops	1 to 2 min total, stirring	6 to 8 min

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