

COOKING CHART

Meat	Size	Temp	Water	Cooking Time	Internal Temp
BEEF					
Pot Roast (Arm, Top, Chuck, or Blade)	4-5 lbs	225°F (93°C)	1 cup	3 – 4 hrs	170°F (77°C) Well Done
Brisket	3-4 lbs	225°F (93°C)	1 cup	3 – 4.5 hrs	170°F (77°C) Well Done
Beef Jerky	¼ thick	200 – 220°F	½ cup	2 – 4 hrs	should be a dark color inside and out
PORK					
Loin Roast, Bone In	3 – 4 lbs	225°F (93°C)	1 Cup	3.5 – 4.5 hrs	170°F (77°C) Well Done
	5 – 7 lbs			5 – 7 hrs	
Loin Roast, Boneless	3 – 5 lbs	225°F (93°C)	1 Cup	3.5 – 5.5 hrs	170°F (77°C) Well Done
Spare Ribs	4 – 6 lbs	225°F (93°C)	1 Cup	2.5 – 3.5 hrs	Well done when meat pulls away from bone
	7 – 10 lbs			3.5 – 5 hrs	
Ham (Pre-Cooked)	Any	225°F (93°C)	1 Cup	7 mins per lb	160°F
Boston Butt	Any	225°F (93°C)	1 Cup	1 hr per lb	170°F (77°C) Well Done
Bacon (5 lbs pork belly)	4 – 5 lbs	220°F	None	2 – 3 hrs	150°F
Sausage	3 – 4 lbs	225°F (93°C)	None	Approx 2 hrs	155° F (68° C)
POULTRY					
Chicken – 2 Whole	2 – 3 lbs ea.	225°F (93°C)	1 Cup	2.5 – 3.5 hrs	180°F (82°C) Leg moves easily in joint
Turkey	8 – 10 lbs	225°F (93°C)	1 Cup	4 – 6 hrs	165°F, Leg moves easily in joint
	11 – 13 lbs			6 – 7 hrs	
Turkey Breast	2 – 3 lbs	225°F (93°C)	1 Cup	40 – 45 mins	165°F
Chicken Breast	Any	225°F (93°C)	1 Cup	30 – 45 mins per lb	165°F
SEAFOOD					
Salmon	3 – 4 Fillets	160°F	½ Cup	Approx 30mins	Flesh is white, and flakes when forked
Fish Fillets	Full Grate	140°F	½ Cup	1.5 – 2.5 hrs	
Shrimp, Clams, and Crab Legs	Full Grate	140° F	½ Cup	1 – 2 hrs	Shrimp Pink / Shells opened
WILD GAME					
Quail, Dove, ect.	12 – 16 birds	225°F (93°C)	1 Cup	2 – 4 hrs	165°F Well Done
Pheasant, Duck, ect.	5 – 7 lbs	225°F (93°C)	1 Cup	4 – 5 hrs	165°F Well Done

When outside temperature is cooler than 50°F and/or altitude is above 3,500 feet (1067m), additional cooking time may be required.

To insure that meat is completely cooked use a meat thermometer to test internal temperature.