

Fresh Vegetable Time Table

<u>Vegetable</u>	<u>Boil</u>	<u>Steam</u>	<u>Microwave</u>
Artichokes	20-30 min.	18-20 min.	14-15 min.
Asparagus - spears	10-15 min.	8-12 min.	11-13 min.
Asparagus - cut up	8-10 min.	6-8 min.	9-11 min.
Beans, lima	20-30 min.	15-20 min.	
Beans, snap - cut up	15-25 min.	7-10 min.	6-18 min.
Beans, snap, frenched	10-12 min.	3-6 min.	10-12 min.
Beets, whole	35-60 min.	30-40 min.	22-25 min.
Beets, sliced	15-20 min.	6-8 min.	
Broccoli, stalks	15-20 min.	8-10 min.	11-13 min.
Broccoli, flowerets	10-15 min.	6-8 min.	12-14 min.
Brussel Sprouts	10-15 min.	12-14 min.	7-9 min.
Cabbage, wedges	12-15 min.	10-15 min.	13-15 min.
Cabbage, shredded	5-7 min.	6-8 min.	9-11 min.
Carrots, whole	20-25 min.	20-25 min.	11-13 min.
Carrots, sliced	15-20 min.	6-8 min.	9-12 min.
Cauliflower, whole	20-25 min.	20-30 min.	12-16 min.
Cauliflower, flowerets	10-15 min.	12-15 min.	12-14 min.
Corn, cob	6-8 min.	5-6 min.	3-4 each
Corn, kernels	5-8 min.		
Onions, white, small	22-35 min.	25-30 min.	14-16 min.
Onions, yellow, 2-inch	25-30 min.	20-25 min.	
Parsnip, cut up	15-20 min.	10-15 min.	8-9 min.
Peas	8-15 min.	6-8 min.	12-14 min.
Potatoes, sweet, whole	30-40 min.		5-6 min.
Potatoes, white, whole	35-40 min.		5-6 min.
Potatoes, white, cut up	20-25 min.	14-18 min.	12-14 min.
Rutabaga	25-35 min.		
Spinach	5-7 min.	3-5 min.	7-9 min.
Squash, summer, sliced	15-20 min.	8-10 min.	10-12 min.
Tomatoes	10-20 min.		
Turnips	15-20 min.	20-25 min.	10-12 min.

Fresh Vegetable Cooking

Wash vegetables. Rinse in cold water. Leave vegetable whole and unpeeled whenever possible because valuable minerals are directly beneath the skin.

Fresh vegetables require only rinsing in cold water before cooking. However, if vegetables have lost their garden crispness and natural moisture, add a small amount of water (1/4 cup or less).

Boil:

Add prepared vegetables to small amount of boiling, salted water. When water returns to boil, cover and begin timing.

Steam:

Add water to pan, keeping level below the bottom of steamer basket. Place vegetables in the steamer, bring water to boil. Cover tightly; lower heat. Steam recommended time.

Microwave:

Add salt to water before adding vegetable. Cover container with casserole lid or vented plastic wrap. If not specified by owner's manual, cook at High power level for most vegetables (use medium for asparagus, broccoli, and cauliflower). Allow 3-4 extra minutes of standing time to complete cooking. Rotating or rearranging vegetables half way through cooking time will give more even results. Times given are for approximately 1 lb. of fresh vegetables.

Roasting Timetable

325 degrees F (160 degrees C) oven, whole chicken or turkey

WEIGHT		COOKING TIME
Kilograms	Pounds	Hours
1.8-3.0	4-6	3-3.5
3.0-3.5	6-8	3.5-4
3.5-4.5	8-10	4-4.5
4.5-5.5	10-12	4.5-5
6.5-7.0	14-16	5.5-6
8.0-9.0	18-20	5.75-6.5
9.0-11.0	20-24	6.25-7

The poultry is done when the temperature in the is 185 degrees F (85 degrees C) and in the stuffing is 165 degrees F (74 degrees C) . The drumstick and breast meat feel soft and the leg moves easily when twisted. Juices should run clear.

Meat Time Table

Meat	Thermometer Reading (After Cooking)	Color of Cooked Meat (When Small Cut Is Made)
Beef Roasts		
	140°F (for medium-rare) *	Does not apply
	155°F (for medium) *	Does not apply
Other Beef Cuts		
	145°F (medium-rare)	Very pink center & slightly brown toward exterior
	160°F (medium)	Light pink in center and brown toward exterior
	170°F (well)	No longer pink in center and juices run clear
Ground Beef (Loaves/Patties)		
	160°F (medium)	Does not apply
Veal Roasts		
	155°F (for medium) *	Does not apply
Other Veal Cuts		
	160°F (medium)	Slightly pink in center
Pork Roasts		
	155°F (for medium) *	Does not apply
	165°F (for well) *	Does not apply
Other Pork Cuts		
	160°F (medium)	Slightly pink in center
	170°F (well)	No longer pink in center
Ground Pork		
	170°F (well)	No longer pink in center
Ham, fully cooked		
	135°F *	Heated through
Lamb Roasts		
	140°F (for medium-rare) *	Does not apply
	155°F (for medium) *	Does not apply
Other Lamb Cuts		
	145°F (medium-rare)	Pink in center
	160°F (medium)	Light pink in center

* Roasts and hams will continue to cook after being removed from oven, so the temperature will rise about 5°F.

Grill Master's Timetable for Grilling

	Amount	Method	Heat	Time	Doneness
POULTRY					
Chicken Breasts & Thighs (boneless)	1 1/4 pounds	Direct	Medium	15 to 20 min.	juice of chicken runs clear.
Chicken Breast Halves (bone-in)	1 pound	Direct	Medium	20 to 25 min.	juice of chicken runs clear.
Chicken Legs	2 pounds	Direct	Medium	20 to 25 min.	juice of chicken runs clear.
Chicken Thighs	2 1/2 to 3 lbs.	Direct	Medium	20 to 25 min.	juice of chicken runs clear.
Chicken Wings	2 to 2 1/2 lbs.	Direct	Medium	12 to 18 min.	juice of chicken runs clear.
Broiler Fryer Chicken, Cut-Up	2 to 2 1/2 lbs.	Direct	Medium	35 to 40 min.	juice of chicken runs clear.
Whole Broiler Fryer Chicken	3 to 3 1/2 lbs.	In Direct	Medium	1 1/2 to 2 1/4 hours	meat thermometer reads 180°F and juice of chicken runs clear.
Turkey Breast Tenderloins	1 to 1 1/2 lbs.	Direct	Medium	20 to 30 min.	juice of turkey is runs clear.
Whole Turkey Breast	3 1/2 to 4 lbs.	In Direct	Medium	1 1/4 to 1 1/2 hours	meat thermometer reads 170°F & juice of turkey is runs clear.
Whole Turkey	8 to 10 lbs.	In Direct	Medium	3 to 4 hours	meat thermometer reads 180°F & juice of turkey is runs clear.
MEATS					
Hamburgers (2/4 inch thick)	any amount	Direct	Medium	10 to 15 minutes	no longer pink in the center and juice is clear.
Hot Dogs or Cooked Bratwurst	any amount	Direct	Medium	10 to 15 minutes	hot
Beef T-bone (1 inch thick)	any amount	Direct	Medium	10 to 14 minutes	desired doneness
Beef Flank Steak	1 1/2 pounds	Direct	Medium	10 to 14 minutes	desired doneness
Beef Sirloin Steak (3/4 inch thick)	3 to 4 pounds	Direct	Medium	12 to 20 minutes	desired doneness
Beef Chuck Roast	3 to 4 pounds	Direct	Medium	1 to 1 1/4 hours	desired doneness
Pork Chops (1 inch thick)	any amount	Direct	Medium	14 to 16 minutes	slightly pink when cut near bone.
Pork Ribs	3 to 4 pounds	In Direct	Medium	50 to 70 minutes	not pink when cut near bone.
Pork Loin Roast	4 pounds	In Direct	Medium-Low	2 to 2 1/2 hours	meat thermometer reads 160°F
FISH					
Fish Fillets (3/4 to 1 inch)	any amount	Direct	Medium	10 to 14 minutes	fish flakes easily with fork
Fish Steaks (3/4 to 1 in. thick)	any amount	Direct	Medium	15 to 20 minutes	fish flakes easily with fork
Whole Fish	1 1/2 pounds	Direct	Medium	20 to 25 minutes	fish flakes easily with fork

Grill Master's Timetable for Grilling

	Amount	Method	Heat	Time	Doneness
SEAFOOD					
Shrimp	1 pound, large	Direct	Medium	4 to 10 min.	pink and firm
VEGGIES					
Corn on the cob	any amount	Direct	Medium	20 to 30 min.	tender
Zucchini slices, whole green beans, bell pepper strips	any amount	Direct	Medium	10 to 15 min.	crisp tender
Whole mushrooms, small whole onions, onion slices, asparagus spears	any amount	Direct	Medium	5 to 10 min.	tender

How to Grill Fresh Vegetables

If you can't stand the heat, get out of the kitchen... and onto the patio! Grilling takes vegetables beyond the ordinary. They pick up that wonderful smoky flavor of grilled foods, and their colors deepen and brighten.

To keep vegetable slices from falling through the cracks, buy a grill grid, screen or grilling basket that rests directly on the grate. Use metal skewers, or bamboo skewers that have been soaked in water for an hour beforehand, or for small pieces, use a flat piece of heavy-duty aluminum foil poked with holes to allow smoke to circulate.

To prevent vegetables from sticking to the grill or drying out, brush them occasionally with melted margarine or butter, olive or vegetable oil, salad dressing, or a marinade.

Grill time will vary by vegetable, type of grill, temperature of the coals, and weather. For best results, adjust the grill height 4 to 5 inches above medium coals. Here are some approximate cook times:

5 to 10 minutes: carrots (small whole, or partially cooked by boiling for 5 to 10 minutes until crisp-tender); cherry tomatoes, whole; mushrooms, whole; onions, cut into 1/2-inch slices; potatoes, cut into 1-inch wedges and partially cooked; zucchini, cut into 3/4-inch pieces.

15 minutes: bell peppers, cut into 1-inch strips; eggplant, cut into 1/4-inch slices; green beans, whole; patty pan squash, whole.

20 minutes: asparagus spears, whole; broccoli spears, cut lengthwise in half; cauliflowerets, cut lengthwise in half; corn on the cob, un husked or husked and wrapped in aluminum foil.

Complete Timetable for Broiling & Grilling Meats

	Thickness/Weight	Inches from Heat	Total Broiling Time (minutes)		Total Grilling Time (minutes)	
			145°F (med.-rare)	160°F (medium)	145°F (med.-rare)	160°F (medium)
Beef Cuts						
Rib/Rib Eye Steak	3/4 to 1 inch	2 to 4	8	15	7	12
Top Loin Steak	3/4 to 1 inch	2 to 4	8	17	7	12
Porterhouse/T-Bone Steaks	1 inch	3 to 4	10	15	10	14
Sirloin Steak	3/4 to 1 inch	2 to 4	10	21	12	16
Sirloin Cubes (Kabobs)	1 to 1 1/4 inches	3 to 4	9	12	8	11
Tenderloin Steak	1 inch	2 to 3	10	15	11	13
Chuck Shoulder Steak*	1 inch	3 to 4	14	18	14	20
Eye Round Steak	1 inch	2 to 3	9	11	9	12
Top Round Steak*	1 inch	3 to 4	15	18	12	14
Flank Steak**	1 to 1 1/2 pounds	2 to 3	12	14	12	15
Ground Beef Patties	1/2 inch	3 to 4	†	10	†	7 to 9
	3/4 inch	3 to 4	†	13	†	10 to 11
Veal Cuts						
			160°F (medium)		160°F (medium)	
Loin or Rib Chops	1 inch	4	14 to 16		12 to 14	
Arm or Blade Steaks*	3/4 inch	4	14 to 15		16 to 18	
Ground Veal Patties	1/2 inch	4	8 to 10		10 to 12	
Lamb Cuts						
			Total Broiling Time (minutes)		Total Grilling Time (minutes)	
			145°F (med.-rare)	160°F (medium)	145°F (med.-rare)	160°F (medium)
Shoulder Chop*	3/4 to 1 inch	3 to 4	5 to 9	7 to 11	9 to 12	12 to 14
Loin Chop	1 inch	3 to 4	5 to 9	7 to 11	7 to 9	9 to 11
Rib Chop	1 1/2 inches	4 to 5	12 to 17	15 to 19	14 to 17	17 to 20
Sirloin Chop	3/4 to 1 inch	3 to 4	10 to 13	12 to 15	15 to 17	17 to 21
Butter flied Leg (sirloin removed)	4 pounds	5 to 7	40 to 46	47 to 53	33 to 53	40 to 60
Leg Steak	3/4 to 1 inch	3 to 4	11 to 15	14 to 18	15 to 18	17 to 21
Cubes for Kabobs	1 to 1 1/2 inches	4 to 5	6 to 10	8 to 12	7 to 9	9 to 20
Ground Lamb Patties	1/2 inch	3	3 to 6	5 to 8	3 to 5	5 to 7

Complete Timetable for Broiling & Grilling Meats & Poultry

	Thickness/Weight	Inches from Heat	Meat Doneness	Broiling Time (minutes)	Grilling Time (minutes)
Pork Cuts					
Loin (bone in)	3/4 inch	3 to 4	160°F (medium)	8 to 11	6 to 8
Chop (boneless)	1 1/2 inches	3 to 4	160°F (medium)	19 to 22	12 to 16
Loin Chop (boneless)	1 inch	3 to 4	160°F (medium)	11 to 13	8 to 10
Blade Chop (bone in)	3/4 inch	3 to 4	170°F (well)	13 to 15	11 to 13
	1 1/2 inches	3 to 4	170°F (well)	26 to 29	19 to 22
Arm Chop (bone in)	3/4 inch	3 to 4	170°F (well)	16 to 18	13 to 15
	1 inch	3 to 4	170°F (well)	18 to 20	15 to 18
Cubes for Kabobs	1-inch pieces	3 to 4	160°F (medium)	9 to 11	10 to 20
Loin or Leg Tenderloin	1-inch pieces	3 to 4	160°F (medium)	12 to 14	13 to 21
Ground Pork Patties	1/2 inch thick	3 to 4	170°F (well)	7 to 9	7 to 9
Country-Style Ribs	1-inch slices	5	160°F (medium)	45 to 60	1 1/2 to 2 hr**
Spareribs		5	160°F (medium)	45 to 60	1 1/2 to 2 hr**
Back ribs		5	160°F (medium)	45 to 55	1 1/2 to 2 hr**

*Marinate meat at least 6 hours but no longer than 24 hours to tenderize.

** Grill over indirect heat.

† USDA recommends cooking ground beef to 160°F.

Note: Meat thickness, weights and times are approximate.

Poultry Type	Approx. Weight (pounds)	Approx. Broiling Time (minutes)	Approximate Grilling Time (minutes)	Doneness
Chicken, cut-up cut up pieces	3 to 3 1/2	Skin sides down 30 min.; turn. Broil 15 to 25 min. longer (7 to 9 inches from heat).	35 to 40 (dark meat may take longer)	Juice is no longer pink when centers thickest pieces are cut.
Breast halves (bone in)	2 1/2 to 3	25 to 35 min. (7 to 9 inches from heat)	20 to 25	Juice is no longer pink when centers thickest pieces are cut.
Breast halves (boneless)	1 1/4	15 to 20 min., turning once (4 to 6 inches from heat)	15 to 20	Juice is no longer pink when centers thickest pieces are cut.
Wings	3 to 3 1/2	10 min., turning once (5 to 7 inches from heat)	12 to 18	Juice is no longer pink when centers thickest pieces are cut.
Ground turkey or chicken patties (1/2 inch thick)	1	6 min. on each side (3 inches from heat)	15 to 20	No longer pink in center.
Turkey tenderloins	1 to 1 1/2	8 to 12 min. on each side (6 inches from heat)	20 to 30	Juice is no longer pink when centers thickest pieces are cut.
Breast slices	1 to 1 1/2	7 min., turning once (4 inches from heat)	8 to 10	Turkey is not pink in center.
Rock Cornish hens*	2 to 3 (two hens)	30 to 40 min. (4 to 6 inches from heat)	30 to 40	Thermometer reads 180°F & juice is no longer pink when center of thigh is cut.