

Infra-red Cooking continued

Sample Cooking Methods

Actual cooking times may be affected by variations in gas connections, altitude, ambient temperatures at the time of cooking, the fat content or thickness of the food, or other factors. Use this chart to develop your own cooking approaches.

FOOD	CONTROL SETTING	TOTAL COOKING TIME
Steak 1" Thick	High fire 3 minutes each side	6 minutes. - Rare
	High fire 4 minutes each side.	8 minutes. - Medium
	High fire 5 minutes each side.	10 minutes - Well Done
Hamburger 1/2" Thick	High fire 4 minutes each side	8 minutes 160°F core temperature
Chicken - Parts	Medium fire, 4 minutes each side (times will vary for different parts)	10 to 25 minutes Turning often
Chicken Breast 3/4" Thick, Boneless	High fire, 4-5 minutes each side	8 to 10 minutes
Hot Dogs	Medium	4 minutes
Pork Chops	High fire, 3 minutes each side	6 minutes
Spare Ribs	Medium fire 15 minutes each side	30 - 40 minutes
	Add sauce, finish on low, 3 minutes each side	Turning often
Lamb Chops	High fire 5 minutes each side	10 minutes
Fish 1 lb.	Medium fire 4 minutes each side	8 minutes
Shrimp, Shelled	Medium fire 3 minutes each side	6 minutes
Kabobs	Medium fire 5 minutes each side	10 minutes
COOK WITH HOOD CLOSED		
Potatoes	Medium fire	60 minutes
Corn on the Cob	Medium fire	30 minutes
Onions	Medium fire	30 minutes
Lobster 1-1 1/2 lbs.	Medium fire 15 minutes each side	30 minutes
COOK ON ROTISSERIE		
Chicken - Whole	High fire 10 minutes, balance "medium" fire	1 hour, 20 minutes
Rib-eye Roast	High fire 10 minutes, balance "medium" fire	15 minutes per lb. - Rare
		20 minutes per lb. - Medium
		25 minutes per lb. - Well Done
Pork Roast	High fire 10 minutes, balance "medium" fire	Always cook well done
		25 minutes per lb
Turkey 10-12 lbs.	Low fire, <i>Cook with hood closed</i>	3 hours, 30 minutes 175°F core temperature

THESE ARE SUGGESTED COOKING TIMES. Use the above chart to develop your own cooking style.