Indoor Electric Grills

Better Homes and Gardens.

If grilling poultry, fish, or seafood, lightly grease the rack of an indoor electric grill or lightly coat with cooking spray. Preheat grill. Place meat, poultry, fish, or seafood on grill rack. (For fish fillets, tuck under any thin edges.) If using a grill with a cover, close the lid. Grill for the time given below or until done. If using a grill without a cover, turn food once halfway through grilling. The following times should be used as general guidelines. Test for doneness using a meat thermometer. Refer to your owner's manual for preheating directions, suggested cuts for grilling, and recommended grilling times.

Cut or Type	Thickness, Weight, or Size	Covered Grilling Time	Uncovered Grilling Time	Doneness
Beef				
Boneless steak (ribeye, tenderloin, top loin)	1 inch	4 to 6 minutes 6 to 8 minutes	8 to 12 minutes 12 to 15 minutes	145°F medium rare 160°F medium
Boneless top sirloin steak	1 inch	5 to 7 minutes 7 to 9 minutes	12 to 15 minutes 15 to 18 minutes	145°F medium rare 160°F medium
Flank steak		7 to 9 minutes	12 to 14 minutes	160°F medium
Ground meat patties	½ to ¾ inch	5 to 7 minutes	14 to 18 minutes	160°F medium
Steak with bone (porterhouse, rib, T-bone)	1 inch	Not recommended Not recommended	8 to 12 minutes 12 to 15 minutes	145°F medium rare 160°F medium
Lamb				
Chop (loin or rib)	1 inch	6 to 8 minutes	12 to 15 minutes	160°F medium
Veal				
Chop (boneless loin)	¾ inch	4 to 5 minutes	7 to 9 minutes	160°F medium
Pork				
Chop (boneless top loin)	¾ inch	6 to 8 minutes	12 to 15 minutes	160°F medium
Sausages, cooked (frankfurters, smoked bratwurst, etc.)	6 per pound	2½ to 3 minutes	5 to 6 minutes	140°F heated through
Poultry				
Chicken breast half, skinned and boned	4 to 5 ounces	4 to 6 minutes	12 to 15 minutes	170°F
Fish & Seafood				
Fillets or steaks	½ to 1 inch	2 to 3 minutes per ½-inch thickness	4 to 6 minutes per ½-inch thickness	Flakes
Sea scallops	15 to 20 per pound	2½ to 4 minutes	6 to 8 minutes	Opaque
Shrimp	41 to 50 per pound	2½ to 4 minutes	6 to 8 minutes	Opaque

All cooking times are based on food removed directly from refrigerator.