

SEAFOOD BARBECUE GUIDE

The following cuts, thicknesses, weights and barbecuing times are meant to be guidelines rather than rules. Cooking times and temperatures are affected by factors such as altitude, wind, outside temperature, how much food you are cooking and how well done you like your food.

Direct cooking: Grill steaks, fish fillets, boneless chicken pieces and vegetables using the direct method for the time given on the chart, turning once, halfway through cooking.

Indirect cooking: Roast whole poultry, bone in poultry pieces, roast meats, whole fish and other thicker cuts using the indirect method. There is no need to turn the food. Let roasts and larger cuts of meat rest for 5 to 10 minutes before carving.

To calculate the cooking times for any roast, measure the thickness and calculate 1 minute per millimetre. For example, if the roast is 90mm thick, cook it for 90 minutes. If you want your roast to be well done, you will need to add 20% (or 18 minutes) to the cooking time.

Type	Thickness/weight	Approximate cooking time	BBQ temp guide
Crab, Blue Swimmer	400 g	8 -10 minutes <i>grill/direct medium-high heat</i>	(230 - 260°C)
Fish, fillet or steak: snapper, barramundi, whiting, flathead etc	1 cm thick	4 - 6 minutes <i>grill/direct medium-high heat</i>	(230 - 260°C)
	2.5 cm thick	6 - 8 minutes <i>grill/direct medium-high heat</i>	(230 - 260°C)
	2.5 - 3 cm thick	8 -10 minutes <i>grill/direct medium-high heat</i>	(230 - 260°C)
Fish, whole	450 g	15 - 20 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	1 - 1.5 kg	25 - 23 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
	2 - 2.5 kg	35 - 45 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Lobster, cooked and split	1 kg	8 - 10 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Lobster, raw and split	1 kg	10 - 12 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Mussel (discard any that do not open after cooking)	25 - 50 g	5 - 6 minutes <i>grill/direct high heat</i>	(230 - 260°C)
Oyster	75 - 115 g	5 - 7 minutes <i>grill/direct high heat</i>	(230 - 260°C)
Prawn	40 g	1- 4 minutes <i>grill/direct high heat</i>	(230 - 260°C)
Salmon, fillet or steak	3 - 4 cm thick	6 - 10 minutes <i>grill/direct medium-high heat</i>	(210 - 240°C)
Salmon, side	1.2 kg, 3 - 4 cm thick	25 - 35 minutes <i>roast/indirect medium heat</i>	(190 - 230°C)
Scallop, in shell	40 g	4 minutes <i>grill/direct high heat</i>	(230 - 260°C)
Squid, strips	1 cm thick	4 minutes <i>grill/direct high heat</i> with a perforated grill pan	(230 - 260°C)
Tuna, steak (served rare)	3 - 4 cm thick	4 minutes <i>grill/direct very-high heat</i>	(290°C+)

Seafood Temperature Guide

The following chart gives a guide to how well done your meat will be, based on the internal temperature of the meat. The thermometer should be inserted into the thickest part of the meat, avoiding any bone. Keep in mind the internal temperature will continue to rise 3-6°C while it's resting.

Internal Meat Temperature Guide		
Fish	Medium	57°C



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