



# Grilling Cheat Sheet

From [Happy Little Homemaker](#)

## “Handy” Gauge for Grill Temps

Hold your hand 3 inches above the grate and leave until you are forced to remove it. All temperatures are approximate.

### Food Temperatures

Fish—145 degrees

Ground Meat & Sausage—160 degrees

Poultry—160 degrees

Pork Steaks & Roast—140 degrees

#### Steaks

Rare—125 degrees

Medium rare—135 degrees

Medium—145 degrees

Medium Well—155 degrees

Well —165 degrees

- 2 seconds -- High (550 degrees)
- 3 seconds -- Medium-High (500 degrees)
- 4 seconds -- Medium (450 degrees)
- 5 seconds -- Medium-Low (375 degrees)
- 6 seconds -- Low (325 degrees)

### Burger Grilling Tips

- Make burgers 1/2 inch bigger than buns to account for shrinking.
- Put a thumb print in the center to keep from getting Mt. Burger.
- Make patties 3/4 inches thick.
- Cook on high for 5 minutes per side.
- Salt right before you put on grill, not into meat.
- Don't smush the burgers with the spatula while cooking.