

Grilling Time Chart

These are the recommended grilling times when using your Foreman Grill. Grilling times will vary depending on the size and thickness of the food. Times are shown as a range (e.g. 4-6 minutes), it's best to cook for the minimum time and then start checking the food for readiness. *It's important that you preheat the grill for at least 5 minutes with the lid closed before cooking.* These times are for fresh or fully defrosted food.

Meat

Chicken

Use only boneless and skinless chicken breasts, pounded to approximately 1/2" to 3/4" inch thick.

Suggested grilling time:

4-6 minutes

Steak

Boneless steaks are recommended for your Foreman Grill. 1/2" – 1" inch steak will grill best.

Suggested Steak Grilling Times:

4-7 minutes for medium rare

6-9 minutes for medium

7-10 for well done

Burgers – Ground Beef Patties

Burgers are excellent on a Foreman Grill. These cooking times are for a 1/4lb burger of approximately 1/2" thick.

Suggested Grilling Time:

5-8 minutes

Lamb and Pork Chops

For best results grilling pork chops on a Foreman or other indoor contact grill, use boneless pork chops that are 1/2" – 3/4" thick.

Suggested Grilling Time:

6-8 minutes

Fish Fillets

2-3 minutes per 1/2" thickness. Fish will flake with a fork when done.

Fish Steaks

Halibut, salmon, swordfish, tilapia, mahi mahi and tuna steaks should be 1/2 – 1" thick. Cook fish until the flesh is opaque throughout.

3-4 minutes for each 1/2" thickness

Shrimp

Shrimp will be firm to the touch when done and have an opaque color.

Cook between: 3 – 4 minutes

Sausage

For raw round sausages (Italian sausage, Brats, etc.) of approximately 3/4" diameter:

6-8 minutes

Smaller frozen sausages 4-6 minutes

Be sure to turn frequently for even grilling.

Vegetables and Fruits

Asparagus

Asparagus is awesome on a Foreman Grill.

3-5 minutes

Peppers

Cut tops off and take out seeds. Slice into lengthwise pieces and cut again to desired size.

5-8 minutes

Eggplant

Slice eggplant into 1/4" round slices and soak in water for 30 minutes.

4-5 minutes

Mushrooms

Remove stems and grill the stem side down.

3-5 minutes

Pineapple

Either slice into 1/2" rounds or cut off the core and then into 1" cubes or pyramids to skewer.

3-4 minutes

Zucchini

Slice zucchini into 1/4" round slices.

3-4 minutes

Tomatoes

Cut into 1/2" – 1" thick slices.

1-2 minutes