



TRAEGER COOKING BASICS

Basic cooking information that every new Traeger grill owner needs to know!

Welcome to the world of indirect cooking!

Cooking on a Traeger Pellet Grill will be different than cooking on gas or charcoal grills. We've developed this guide to help you get acquainted with cooking on the Traeger.

The universal principles for cooking food is the same for cooking on a Traeger grill just like cooking on any other appliance. Because you are cooking indirectly, it will take just a few minutes longer than cooking with a gas or charcoal grill, but the flavor is well worth the wait.

We STRONGLY recommend using a quality thermometer to monitor the internal temperature of the meat you are cooking on your grill. This will ensure that it has been cooked to the proper temperature and is safe to eat.

BASIC RULE OF COOKING MEAT

Cook meat for 20 minutes a pound at 350 degrees F.

1) Burgers

- Hand formed 1.5-2" thick 12-15 min/side
- Commercially produced ½ inch thick 10-12 min/side

2) Chicken

- **Parts**—12 minutes per side on HIGH (400F)
- **Whole**—1.5 – 2 hours on MEDIUM (275-300F)

3) Fish

- **Whole**---- 10 minutes per side per inch of thickness on High (400F)
- **Steaks or Filets**—10 minutes per side per inch of thickness on High (400F)

4) Pork Chops

- **1" thick** 8-10 minutes per side on High (400F)
- **1.5" thick** 10-12 minutes per side on High (400F)
- **2" thick** 12-15 minutes per side on High (400F)

- 5) **Roasts** (Rare 140F, Medium 150F, Well 160F)
- **Beef**--- cook on Medium (275-300F) until it reaches 150F internal temperature. Approximately 40 minutes per lb.
 - **Pork**--- cook on Medium (275-300F) until it reaches 165F internal temperature. Approximately 40 minutes per lb.
 - **Lamb**---cook on Medium (275-300F) until it reaches 150F internal temperature. Approximately 40 minutes per lb.
- 7) **Steaks** (Rare 140F, Medium 150F, Well 160F)
Always cook on HIGH (400F). For 1-1.5" thick steak
- Rare**—cook 8 minutes per side
 - Medium**—cook 10-12 minutes per side
 - Well**—cook 15 minutes per side
- 8) **Turkey**
- **Breast**---cook to 170F internal temperature-2-4 hours
 - **Quarter**---cook to 180F internal temperature 1-1.5 hours
 - **Whole**---cook to 170F internal temperature (breast)
7-12 hours on medium (275-300) depending on weight of turkey
- 9) **Lamb**
- **Leg**---150F - 155F—2-5 hours depending on size
 - **Roast**---150F - 155F 2-4 hours depending on size
 - **Riblets**---155F---3-4 hours
- 10) **Ribs**
- **Pork**---2-6 hours depending on whether babybacks or spareribs
 - **Beef**—4-6 hours

NOTE: These are GENERAL GUIDELINES. Determine level of doneness based on recommended internal temperatures. The outside temperature, wind, rain, snow, will effect the length of time it takes to cook a particular item. The hotter it is outside, the faster food cooks on your grill. The colder it is outside, the longer it takes for food to cook.

It is always good to add more cooking time in your schedule than you think you may need so that you won't keep your guests waiting while you're trying to finish cooking the meat. If your meat finishes cooking before the guests are ready to eat, switch the grill to the "smoke" mode and hold until its time.

Getting More Smoke Flavor Into Your Meat:

After starting, set the grill on a medium temperature and allow the meat to warm up to 100F internal temperature, then switch to smoke. This allows the meat fibers to open up, so that the meat absorbs more smoke.

When Will It Be Done?

Meat cooks @ 20 minutes per pound @ 350F. If you're using a lower temperature, add more time per pound. If you're cooking hotter, it will take less time per pound.

Cooking Big Pieces of Meat

Always start on medium (250-275). If you start cooking a big piece of meat at too high a temperature, you drive the blood in the meat to the surface, creating unsightly blood spots on the meat.

If you start smoking from the beginning-before allowing the meat to warm up to at least 100F internal temperature, you will wind up with only surface smoke penetration-not deep penetration as most people prefer.

Miscellaneous Cooking Temperature Information:

- Meat starts cooking @ 120F
- Meat SEARS @ 300F
- Bacterial DANGER ZONE 40F-140F
(keep food out of this temperature range)
- Room Temperature is 68F
- Meat cooks 20 minutes per pound @ 350F
- **Rare** cooked meat= 140F
- **Medium** cooked meat= 150F
- **Well done** cooked meat= 160
- Water Boils @ 212F (for use in testing thermometers)

Minimum Internal Temperatures To Cook Meat:

Beef, Veal and Lamb =145F

Chicken=170F (breast) 180F (thigh) All other 165F

Hamburgers= 160F

Hot Dogs=155F -160F

Pork 165F

Turkey 170F (breast) 180F (thigh) All other 170F

**More good cooking information may be found in each edition of Traeger's
SmokeSignals Newsletter, which is available on-line at**

www.traegergrills.com

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