



Approximate Seafood Grilling Times

Type of Seafood	Size	Time
FISH		
Whole Fish - 1 to 1 1/2 inch thick	1/2 - 1 lbs.	12 min.
Whole Fish - 2 to 2 1/2 inch thick	3 - 5 lbs.	20 - 30 min.
Whole Fish - 3 inch thick	5 - 7 lbs.	30 - 40 min.
Filet and Steak	1/2 in.	4 - 6 min.
	3/4 in.	6 - 8 min.
	1 in.	10 min.
SHELLFISH		
Shrimp	Large	4 - 6 min.
Lobster, whole	1 1/2 - 2 lbs.	8 to 10 min.
Lobster, tail	10 oz.	8 min.
Crab, whole	2 lbs.	10 min.
Clams	Medium	6 - 8 min.

USDA recommends internal temp of 145°F.

Note: To test for doneness, cut into the center of the fish at its thickest part. If it opaque throughout but still moist, it's done. OR Press the flesh, if it is soft, it's not done; if its hard and firm, it's overdone; if it is firm but springs back, it's done.

Always use a meat thermometer to be sure meats are cooked to a safe internal temperature and doneness.

All cook times are based on beef removed directly from refrigerator. Because gas grills vary greatly, grilling times may need to be adjusted.

Source: United States Department of Agriculture

For more information: call: 1.888.674.6854 ; e-mail: mphonenumber.fsis@usda.gov ; visit: www.IsItDoneYet.gov

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