



USOPC

Cooking Basics



Proteins:

* Cooking items are noted for well done meats.

GRILLING



Grilling Temperatures:

High Heat = 450-550 F

Medium-High Heat = 375-450 F

Medium Heat = 350 F

Medium-Low Heat = 325 F

- **Steak:** Cook on **high heat** for 4-6 minutes, flip, then cook for an additional 5-7 minutes*
- **Chicken:** Cook on **medium heat** for 5-7 minutes on each side.
- **Hamburgers:** Cook on **medium-high heat** for 4 minutes, flip, then cook for an additional 6 minutes*
- **Shrimp:** Cook on **medium heat** for 3 minutes, flip, then cook for additional 3 minutes.
- **Salmon:** Cook on **high heat** for 4-5 minutes, flip, then cook for additional 3-5 minutes

STOVE-TOP



Stove-top Temperatures:

High Heat = HI, 9, 8 on dial

Medium-High Heat = 6, 7 on dial

Medium Heat = 5 on dial

Medium-Low Heat = 3, 4 on dial

- **Steak:** Cook on **high heat** for 3-5 minutes on each side.
- **Chicken:** Cook on **medium-high heat** for 5-7 minutes on each side.
- **Eggs:** Cook on **medium heat**.
- **Shrimp:** Cook on **medium heat** for 2 minutes on each side.
- **Ground Beef:** Cook on **medium-high heat** for 5-10 minutes until browned, stirring frequently.
- **Sausage/Bacon:** Cook on **medium heat** for 4-6 minutes on each side.

OVEN



Oven Temperatures:

Very Hot = 450-500 F

Hot = 400-450 F

Moderately Hot = 375-400 F

Moderate = 350-375 F

Moderately Low = 325-350 F

- **Steak:** Broil (**very hot**) for 12-14 minutes.
- **Chicken:** Bake in **hot** oven for 15-18 minutes.
- **Pork Chop:** Bake in **hot** oven for 12 minutes.
- **Salmon/Other Fish:** Bake in **very hot** oven for 12-15 minutes
- **Ham:** Bake in **moderate** oven for 1 hour 40 minutes (depending on the size).

Minimum Cooking Temperatures:

145 F



Steak, Pork, Fish, Shellfish

160 F



Ground Meat

165 F



Chicken



Vegetables:

GRILLING



Grilling Temperatures:

High Heat = 450-550 F

Medium-High Heat = 375-450 F

Medium Heat = 350 F

Medium-Low Heat = 325 F

- **Zucchini:** Cook on **medium-high heat** for 2-3 minutes, flip, then cook for additional 2-3 minutes.
- **Bell Peppers:** Cook on **medium heat** for 4-5 minutes, flip, then cook for additional 3-4 minutes.
- **Asparagus:** Cook on **high heat** for 3-4 minutes, turning occasionally
- **Broccoli:** Cook on **medium heat** for 10-12 minutes, tossing frequently

Note: to prevent veggies from falling, use foil, a grill mat, or a grill basket when cooking.

STOVE-TOP



Stove-top Temperatures:

High Heat = HI, 9, 8 on dial

Medium-High Heat = 6, 7 on dial

Medium Heat = 5 on dial

Medium-Low Heat = 3, 4 on dial

- **Zucchini:** Cook in pan over **medium heat** for 5 minutes, stirring occasionally.
- **Brussel Sprouts:** Cook in pan over **medium-high heat** for 11-15 minutes, stirring occasionally
- **Asparagus:** Cook in pan over **medium heat** for 5-10 minutes, flipping occasionally
- **Steamed Broccoli:** Once water is boiling, reduce to **medium heat** and cook for 5-7 minutes
- **Spinach:** Cook in pan with oil over **medium-high heat** for 3-5 minutes, or until wilted

OVEN



Oven Temperatures:

Very Hot = 450-500 F

Hot = 400-450 F

Moderately Hot = 375-400 F

Moderate = 350-375 F

Moderately Low = 325-350 F

- **Roasted Cauliflower:** Bake in **hot** oven for 20 minutes
- **Roasted Brussel Sprouts:** Bake in **hot** oven for 30-40 minutes
- **Roasted Asparagus:** Bake in **hot** oven for 12-15 minutes
- **Roasted Broccoli:** Bake in **hot** oven for 20 minutes
- **Roasted Carrots:** Bake in **hot** oven for 20 minutes



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Starches:

GRILLING



Grilling Temperatures:

High Heat = 450-550 F

Medium-High Heat = 375-450 F

Medium Heat = 350 F

Medium-Low Heat = 325 F

- **Corn on the Cob:** Cook on **medium heat** for 15-20 minutes, flipping every 5 minutes; grill corn in husk, or wrapped in aluminum foil.
- **Potatoes:** Poke potato with fork; wrap in aluminum foil and cook over **medium-low heat** for 1 hour or until fork-tender.

STOVE-TOP



Stove-top Temperatures:

High Heat = HI, 9, 8 on dial

Medium-High Heat = 6, 7 on dial

Medium Heat = 5 on dial

Medium-Low Heat = 3, 4 on dial

- **Corn on the Cob:** Cook in boiling water over **medium heat** for 5-7 minutes.
- **Potatoes:** Bring water and potatoes to boil over **medium-high heat**, then reduce to **medium-low heat**; cook for 15 minutes.
- **Rice:** Bring water to boil over **high heat**, add rice, reduce to **medium-low heat**; cook for 18 minutes.
- **Pasta:** Bring water to boil over **high heat**, add noodles, cook for 12 minutes.

OVEN



Oven Temperatures:

Very Hot = 450-500 F

Hot = 400-450 F

Moderately Hot = 375-400 F

Moderate = 350-375 F

Moderately Low = 325-350 F

- **Baked Sweet Potato:** Bake in **hot** oven for 45-50 minutes
- **Roasted Sweet Potato:** Bake in **hot** oven for 30 minutes
- **Baked Potatoes:** Bake in **hot** oven for 50-60 minutes
- **Roasted Potatoes:** Bake in **hot** oven for 20-30 minutes
- **Baked Beans:** Bake in **moderate** oven for 45 minutes
- **Casseroles:** Bake in **moderate** oven for 50 minutes