

RUB-LOGY UNIVERSITY

SMOKING TIMES & TEMPERATURE CHART

Smoking is a method of cooking that involves exposing food to smoke from burning wood or charcoal for an extended period, imparting a rich, smoky flavor. Here's a quick overview of smoking temperatures and times:

Temperature: Smoking typically occurs at low temperatures ranging from 200°F to 275°F (93°C to 135°C). This low and slow cooking process helps break down tough connective tissues in meats while infusing them with smoky flavor.

Time: Smoking times vary depending on the type and size of the food being smoked. Generally, smaller cuts of meat like ribs or chicken pieces may take 1-4 hours, while larger cuts like brisket or pork shoulder can take anywhere from 4 to 12 hours or more. It's important to use a meat thermometer to ensure the internal temperature reaches a safe level for consumption.

***THE BENEFITS OF RESTING MEAT:** Allowing meat to rest after grilling or smoking is crucial for several reasons. Resting allows the juices within the meat to redistribute, resulting in a juicier and more flavorful end product. Additionally, it gives the meat time to continue cooking from residual heat, ensuring that it reaches the desired level of doneness evenly throughout. Finally, resting allows the meat to firm up slightly, making it easier to carve and resulting in better texture. For optimal results, tent the meat loosely with foil and let it rest for approximately 5 to 15 minutes, depending on the size and cut.*

TYPE OF MEAT	SMOKING TEMPERATURE	SMOKING TIME	INTERNAL TEMPERATURE	RESTING TIME
Brisket	225 F- 250 F	1.5 hours per lb	200 F-205 F	2-3 hours wrapped in butcher paper or towel
Brisket (pulled)	225 F- 250 F	1.5 hours per lb	205 F	2-3 hours wrapped in butcher paper or towel
Chuck Roast	225 F- 250 F	1-1.5 hours per lb	195 F	15-30 minutes
Chuck Roast (pulled)	225 F- 250 F	1.5 hours per lb	195 F	15-30 minutes
Filet Mignon	Cold Smoke then 350 F	cook until desired doneness	125 F- 165 F	5-10 minutes
Hamburgers	225 F- 250 F	30-40 minutes	125 F- 165 F	
Jerky	140 F	3-4 hours	cook until desired doneness	
Prime Rib	225 F- 250 F	12-20 minutes per lb	125 F- 145 F	15-30 minutes
Sirloin Tip Roasts	225 F- 250 F	8 hours	125 F -165 F	15-30 minutes

Steamship Round	190 F	12-14 hours	125 F- 145 F	15-30 minutes
Whole Ribeye Loin	225 F- 250 F	20-30 minutes per lb	125 F- 145 F	15-30 minutes
Rump Roast	225 F- 250 F	30 minutes per lb	145 F	15-30 minutes
Beef Short Ribs	225 F- 250 F	5 hours	200 F	15-30 minutes
Beef Tenderloin	225 F- 250 F	1-4 hours	120 F- 160 F	15-30 minutes
Beef Tri-tip	225 F- 250 F	1-4 hours	121 F- 160 F	15-30 minutes
Chicken Breast	275 F- 350 F	1-2 hours	170 F	5-10 minutes
Chicken Thighs	275 F- 350 F	1-5 hours	170 F	5-10 minutes
Chicken Whole	275 F- 350 F	2-3 hours	170 F	5-10 minutes
Chicken Wings	275 F- 350 F	1.25 hours	170 F	5-10 minutes
Turkey	275 F- 350 F	2-3 hours	170 F	5-10 minutes
Lamb	275 F- 350 F	4-8 hours	135 F-165 F	15-30 minutes
Lamb Shanks	225 F- 250 F	4 hours	195 F	15-30 minutes
Belly/Butt Bacon	less than 100 F	6 hours	140 F	
Canadian Bacon	225 F- 250 F	1.5 hours per lb	140 F	
Pork Butts	225 F- 250 F	1.5 hours per lb	205 F	10-15 minutes
Pork Chops	225 F- 250 F	1.5 hours per lb	160 F	
Ham (bone-in)	225 F- 250 F	1.5 hours per lb	160 F	15-30 minutes
Pork Crown Roast	225 F- 250 F	1.5 hours per lb	155 F-165 F	15-30 minutes
Pork Loin	225 F- 250 F	4-6 hours	160 F	15-30 minutes
Pork Sausage	225 F- 250 F	1-3 hours	165 F	
Ribs (Baby Backs)	225 F- 250 F	5-6 hours	205 F	15-30 minutes
Ribs (Spare Ribs)	225 F- 250 F	5-7 hours	205 F	15-30 minutes
Pork Shoulder Sliced	225 F- 250 F	5-8 hours	205 F	15-30 minutes
Pork Shoulder Pulled	225 F- 250 F	8-12 hours	205 F	15-30 minutes
Pork Tenderloin	225 F- 250 F	2.5-3 hours	160 F	15-30 minutes
Whole Hog (up tp 100 lbs)	225 F- 250 F	16-18 hours	205 F	30 minutes - 1 hour
Fish (Whole)	225 F- 250 F	3.5-4 hours	Until flacky	
Fish (Fillets)	225 F- 250 F	1.5-2 hours	Until flacky	
Salmon (Cold Smoked)	70 F- 80 F	24 hours	cook until desired doneness	
Salmon (Hot Smoked)	200 F- 225 F	3-4 hours	cook until desired doneness	
Lobster (Steamed)	200 F- 225 F	15 minutes per lb	145 F	
Scallops	190 F	1-1.5 hours per lb	145 F	
Shrimp (Steamed)	200 F- 225 F	15 minutes per lb	145 F	
Veal	200 F	1-1.5 hours per lb	145 F	15-30 minutes
Duck (Whole)	225 F- 250 F	3-4 hours	170 F	15-30 minutes
Goat	185 F	8 hours	2 hours @ 150 F	15-30 minutes
Venison Roast	200 F- 225 F	1-1.5 hours per lb	160 F	15-30 minutes

Venison Tenderloin

225 F- 250 F

1-1.5 hours per lb

160 F

15-30 minutes

COOKING TEMPERATURES

Rare: The internal temperature for rare steak is typically around 125°F to 130°F (52°C to 54°C). The meat will have a cool red center.

Medium Rare: For medium rare, the internal temperature ranges from 130°F to 135°F (54°C to 57°C). The center of the meat will be warm and reddish-pink.

Medium: Medium doneness usually has an internal temperature of 135°F to 145°F (57°C to 63°C), with a warm pink center.

Medium Well: This level of doneness has an internal temperature of around 145°F to 155°F (63°C to 68°C), with a slightly pink center.

Well Done: Well-done meat reaches an internal temperature of 160°F to 165°F (71°C to 74°C) or higher, with no pink color remaining. It's cooked through and often has a drier texture compared to less cooked levels.

Cooking times may vary based on the size and cut of the meat. While the suggested temperatures for different levels of doneness provide a guideline, factors such as thickness, fat content, and starting temperature can affect cooking times. It's essential to use a meat thermometer to accurately gauge the internal temperature of the meat and adjust cooking times accordingly. Additionally, larger cuts of meat may require longer cooking times, while smaller cuts may cook more quickly. Always use your judgment and monitor the cooking process closely to achieve your desired level of doneness.

Please be advised that all information provided herein are offered as suggestions and should be treated as such. While every effort has been made to ensure accuracy, individual circumstances may vary, and results may differ.

Remember, smoking is as much an art as it is a science, so don't be afraid to experiment with different woods, temperatures, and cooking times to achieve your desired flavor and texture!

