

HOLLAND COOKING TIME CHART

<b>POULTRY</b>			
<b>FOOD ITEM</b>	<b>F°</b>	<b>C°</b>	<b>ESTIMATED TIME</b>
<b>TURKEY</b>			
breast	170	77	10 minutes per lb.
whole (12-lb)	180-185	82-85	15 minutes per lb.
whole (stuffed)	180-185	82-85	20 minutes per lb.
<b>CHICKEN</b>			
whole	180	82	60-75 minutes
quarters	180	82	50-65 minutes
legs/thighs	180	82	40-50 minutes
boneless breasts	180	82	12-15 minutes per side
<b>DUCKLING</b>			
whole	180-185	82-85	25 minutes per lb.
<b>PORK</b>			
<b>FOOD ITEM</b>	<b>F°</b>	<b>C°</b>	<b>ESTIMATED TIME</b>
pork chops (1" thick)			12-15 minutes per side
pork ribs			45 minutes
pork roast (3lb) Boston Butt			1 3/4-2 hours
sausage patty (3/8")			8-9 minutes per side
pork shoulder (15-18 lbs)			10 minutes per lb
Italian sausage			10 minutes per side
<b>Doneness Chart:</b>			
Medium	160	71	
Well-done	170	77	
Ham (fully-cooked)	140	64	
<b>BEEF</b>			
<b>FOOD ITEM</b>	<b>F°</b>	<b>C°</b>	<b>ESTIMATED TIME</b>
ribeye steak (3/4")			9-11 minutes per side
hamburger (3/4" to 1" thick)			11-13 minutes per side
prime rib (4lbs)			20-25 minutes per lb.
London broil			20-25 minutes per lb.
whole prime rib (12-15 lbs)			8-10 minutes per lb.
<b>Doneness Chart:</b>			
Medium-rare	145	63	
Medium	160	71	
Well-done	170	77	
<b>SEAFOOD</b>			
<b>FOOD ITEM</b>	<b>F°</b>	<b>C°</b>	<b>ESTIMATED TIME</b>
whole fish (8")			10-15 minutes per side
10-12 oz. Fillets			10 minutes per side
skewered shrimp			8-10 minutes per side
<b>LAMB</b>			
<b>FOOD ITEM</b>	<b>F°</b>	<b>C°</b>	<b>ESTIMATED TIME</b>
<b>Doneness Chart:</b>			
Medium-rare	150	66	
Medium	160	71	

NOTE: COOKING TIMES MAY VARY DEPENDING ON INDIVIDUAL TASTE