

Cooking Times for a George Foreman Grill

This chart illustrates the cooking times for the most common foods cooked on a George Foreman grill. As a general rule of thumb, because the George Foreman grill cooks food on both sides at the same time, cooking times are roughly halved for the grill.

Foods	Cooking Times
Boneless Steak, 1/2 to 1 inch thick	4 - 7 minutes for medium rare, 6 - 9 minutes for medium
Boneless Chicken Breast	4 - 6 minutes
Fish Filets	2 - 3 minutes per 1/2 inch of thickness
Fish Steaks, 1/2 to 1 inch thick	2 - 3 minutes per 1/2 inch of thickness
Hamburgers , 1/2 to 3/4 inch thick	5 - 8 minutes
Ham Steak	3 - 5 minutes
Hotdogs	2 - 3 minutes
Sausages	2 - 3 minutes if precooked, 4 - 6 minutes if raw
Boneless Lamb Chops, 1/2 to 1 inch thick	6 - 8 minutes
Boneless Pork Chops, 1/2 to 1 inch thick	6 - 8 minutes
Pork Tenderloin, sliced in half lengthwise	6 - 9 minutes
Shrimp	2-1/2 - 4 minutes
Asparagus	2 - 4 minutes
Bell Peppers, halved	4 - 5 minutes
Eggplant slices, 1/2 to 1 inch thick	4 - 5 minutes
Leeks	2 - 3 minutes
Mushrooms	2 - 4 minutes
New Potatoes, sliced in half and precooked for 6 - 8 minutes	5 - 6 minutes
Potatoes slices, 1/2-inch thick and precooked for 6 - 8 minutes	7 - 10 minutes
Summer Squash and Zucchini slices, 1/2 to 1 inch thick	3 - 4 minutes
Tomato slices, 1 inch thick	1 - 2 minutes