

RECOMMENDED ROASTING GUIDE

Type of Roast	Oven Temp	Approx Cook Time	Internal Temp
Beef Tenderloin (whole 5 to 7 lbs)	425° F	50 to 60 min total	130° F/medium-rare 140° F/medium
Pork Roast	350° F	20 to 25 min/lb	145 to 150° F
Lamb	350° F	20 to 25 min/lb	135 to 140° F/medium
Prime Rib (Bone-In or Boneless)	Pre-heat oven to 500° F, cook roast for 20 min; reduce oven to 220° F, cook 7 min/lb; reduce oven to 160° F, cook 18 to 20 min/lb		135° F/medium-rare 140 to 145° F/medium

Please note: All cooking times are approximate as oven temperatures vary. Check the roast before the minimum time specified. Primal recommends using a food thermometer to gauge doneness. Take the roast out when the thermometer reaches 5 degrees before desired temperature; the roast will continue to cook when it is removed from the oven. Let stand 10 to 15 minutes before carving and serving. This will allow it to increase 5 degrees in doneness.

