

ROASTING GUIDE



For best results, use a meat thermometer to check the internal temperature of your meat. Remove your roast a few minutes before it reaches the internal temp as it will continue to cook when removed from the oven. Let stand 10 to 15 minutes before carving and serving.

		cook time	internal temp
beef	Tenderloin, Whole (up to 5 lbs.)	425F 10 - 12 mins/lb.	130F/med. rare 140F/medium
	Prime Rib (Bone In or Boneless)	500F for 10-12 mins Reduce heat to 325 Cook 12-15 mins/lb.	130F/med. rare 140F/medium
pork	Tenderloin, Whole (2 to 3 lbs.)	350F 15 mins/lb.	150F - 160F
	Roast	350F 15-20 mins/lb.	150F - 160F
lamb	Chops	Direct Heat 3-6 mins per side	130F/med. rare 140F/medium
	Butterflied Leg (1"-1.5" thick)	350F 15-20 mins/lb.	130F/med. rare 140F/medium
turkey	Whole	350F 15-20 mins/lb.	165F
	Breast, Bone In	350F 15-20 mins/lb.	165F