

Cooking Instructions

BEEF

BEEF CUT	WEIGHT (POUNDS)	OVEN TEMPERATURE	MEDIUM RARE	INTERNAL TEMPERATURE BEFORE RESTING	MEDIUM	INTERNAL TEMPERATURE BEFORE RESTING
Bone In Export Rib	3 to 4 Lbs. 4 to 6 Lbs. 6 to 8 Lbs.	350°	1 1/2 - 1 3/4 Hrs. 1 3/4 - 2 Hrs. 2 - 2 1/4 Hrs.	135°	1 3/4 - 2 Hrs. 2 - 2 1/2 Hrs. 2 1/2 - 2 1/4 Hrs.	150°
Sirloin Strip Roast	4 to 6 Lbs. 6 to 8 Lbs. 8 to 10 Lbs.	350°	1 1/4 - 1 3/4 Hrs. 1 3/4 - 2 Hrs. 2 - 2 1/2 Hrs.	135°	2 1/4 - 2 3/4 Hrs. 2 3/4 - 3 Hrs. 3 - 3 1/2 Hrs.	150°
Boneless Rib Eye Roast	4 to 6 Lbs. 6 to 8 Lbs. 8 to 10 Lbs.	350°	1 3/4 - 2 1/4 Hrs. 2 1/4 - 2 1/2 Hrs. 2 1/2 - 3 Hrs.	135°	2 1/4 - 2 3/4 Hrs. 2 3/4 - 3 Hrs. 3 - 3 1/2 Hrs.	150°
Tenderloin Roast	2 to 3 Lbs. 4 to 5 Lbs.	425°	35 - 40 Mins. 50 - 60 Mins.	135°	45 - 50 Mins. 60 - 70 Mins.	150°
Basic Boneless Oven Roast	3 to 4 Lbs. 4 to 6 Lbs. 6 to 8 Lbs.	325°	1 3/4 - 2 Hrs. 2 - 2 1/2 Hrs. 2 1/2 - 3 Hrs.	140°	2 1/4 - 2 1/2 Hrs. 2 1/2 - 3 Hrs. 3 - 3 1/2 Hrs.	155°

PORK

PORK CUT	WEIGHT (POUNDS)	OVEN TEMPERATURE	TOTAL COOKING TIME	INTERNAL TEMPERATURE BEFORE RESTING	TEMPERATURE WHEN RESTED
Crown Roast of Pork	4 to 6 Lbs.	350°	20 - 30 Minutes Per Pound	150°-155°	Let Rest 10 Minutes, 160°
Leg of Pork Whole Fresh	12 to 16 Lbs.	350°	22 - 26 Minutes Per Pound	150°	Let Rest 30 to 45 Minutes, 160°
Pork Loin, Center Cut Boneless	2 to 5 Lbs.	350°	20 - 30 Minutes Per Pound	150°-155°	160°

Pork Tenderloin	1 to 1 1/2 Lbs.	450°	20 - 30 Minutes Per Pound	150°-155°	Let Rest 10 Minutes, 160°
<i>POULTRY</i>					
POULTRY VARIETY	TEMPERATURE		TIME		INTERNAL TEMPERATURE
Duck	350°		18 Minutes Per Pound		175°
Turkey, Whole (Unstuffed)	325°		15 - 18 Minutes Per Pound		180° at inner thigh
Turkey Breast	325°		22 -25 Minutes Per Pound		170°
Turkey Breast Roast, Boneless	325°		15 - 18 Minutes Per Pound		160°
<i>LAMB</i>					
LAMB CUT	OVEN TEMPERATURE		MEDIUM RARE		INTERNAL TEMPERATURE AFTER RESTING
Leg of Lamb	350°		20 Minutes Per Pound		145°
Loin of Lamb	325°		20 Minutes Per Pound		145°
Rack of Lamb	375°		30 Minutes Per Pound		145°
Boneless Leg of Lamb	350°		25 Minutes Per Pound		145°
<i>SMOKED HAMS</i>					
SMOKED HAM	OVEN TEMPERATURE		TIME		INTERNAL TEMPERATURE AFTER RESTING
Spiral Cut Ham	350°		6 Minutes Per Pound		160°

A Meat Thermometer is recommended to assure accurate cooking times which is based on a preheated conventional oven.