



MEAT AGAIN INC.

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www.meatagain.com
"Taste The Difference"



Meat Roasting Guide

- Preheat oven a 1/2 hour before putting roast into the oven
- Use the time chart as a general guide. Each oven is different. So times will vary
- We recommend you use either a meat thermometer which stays in the roast as it cooks, or an instant thermometer which does not stay in the oven. Either thermometer must be placed in the center of the roast. The thermometer must not touch a bone.
- Take the roast out when the thermometer reaches 10 degrees before the desired temperature. The roast will continue to cook when it is removed from the oven
- After removing the roast from the oven, let it stand 15-20 minutes before carving and serving.
- Roast all meat (beef, pork, lamb etc.) uncovered on a rack without water

Internal Temperatures

Beef - Medium Rare 138 degrees

Pork - 150 degrees

Lamb - Medium Rare 138 Degrees

Poultry (Turkey, Chicken) - 160 Degrees

Beef Tenderloin (5 - 7 lbs.)	425	50-60 min. total
Beef Tenderloin (2 - 3 lbs.)	425	35-45 min. total
Prime Rib Boneless (10 lb. +)	350	10-15 min per lb.
Prime Rib Boneless (2 - 9 lb)	350	15-18 min per lb.
Prime Rib Bone-In Whole (16-20 lb)	325	10-15 min. per lb.
Prime Rib Bone-In Half	325	13-18 min. per lb.
Butchers Roast (Whole 7-10 lb.)	350	12-15 min. per lb.
Butchers Roast (3-6 lb.)	350	17-20 min. per lb.
Country Club Sirloin Roast (8lb +)	350	1.25 - 1.75 Hours
Country Club Sirloin Roast (7 lb. or less)	350	15-18 min. per lb.
Top Sirloin Roast Whole	350	12-15 min. per lb.
Top Sirloin Roast Half	350	17-20 min. per lb.
Stuffed Roast Lamb, Pork, Veal	350	20-25 min. per lb.
Rack Of Lamb	425	25-35 min. total
Veal Roast Boneless	350	20-25 min. per lb.
Boneless Leg Of Lamb	350	15-18 min. per lb.

Use a Meat Thermometer

- Pre-heat Oven to required temp.
- Roasts go from rare to well done in less than 15 minutes
- We recommend taking the roast out of the oven at an internal temperature of 130 degrees and let sit on counter top for 10 - 15 minutes. Leave meat thermometer in roast and let temp climb to 138 degrees. Slice at this time