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Standing Rib Roast

*Season with your favorite seasoning blend or combination of sea salt, pepper, garlic & herbs.
Pre-heat oven to 325 degrees.*

Roast uncovered for 14-18 minutes per pound for rare to medium rare, 20-22 minutes per pound for medium to medium well. Larger roast to need less minutes per pound than small. Test early and often with a reliable meat thermometer.

Remove from oven, cover and allow to rest for 10-15 minutes before Slicing and serving.

Rare=remove at 115-125 degrees

Medium Rare=remove at 125-135 degrees

Med. To Well done=remove at 140-160 degrees

TIME TABLE FOR ROASTING WHOLE POULTRY

Weight(in pounds) Oven temperature Approx. cooking time(in hours) meat-thermometer reading

Turkey, stuffed

8 - 12	325 F.	3 1/2 - 4	180 F.- 185 F.
12 - 16	325 F.	4 - 4 1/2	180 F. - 185 F.
16 - 20	325 F.	4 1/2-5	180 F. - 185 F.
20 - 24	325 F.	5 - 6	180 F.- 185 F.

Turkey, unstuffed

allow 1/2 hour less 325 F. 180 F. - 185 F.

Capon, stuffed

5 - 6	325 F.	2 1/2 - 3	180 F. - 185 F.
6 - 8	325 F.	3 - 4	180 F. - 185 F.

Capon, unstuffed

allow 1/2 hour less 325 F. 180 F. - 185 F.

Chicken, stuffed or unstuffed

2 1/2 - 3	350 F.	1 1/4-1 1/2	180 F. - 185 F.
3 - 4	350 F.	1 1/2-1 3/4	180 F. - 185 F.
4 - 6	350 F.	1 3/4- 2	180 F. - 185 F.

Cornish hens

1 - 2 350 F. 1 - 1 1/4 180 F. - 185 F.

Whole duckling

4 - 5 350 F. 2 1/2-2 3/4 180 F. - 185 F.

Guide to number of servings per pound of turkey.

6-8 lbs.	6 to 8 people
8-12 lbs.	10 to 12 people
12-16 lbs.	15 to 20 people
16-20 lbs.	20 to 30 people

It is best to thaw any poultry in a refrigerator.

*TIME TABLE FOR ROASTING LAMB**

<i>Cut</i>	<i>weight (in pounds)</i>	<i>cooking time in minutes</i>			<i>oven Temp. **</i>
		<i>Rare</i>	<i>Med.</i>	<i>Well-done</i>	
<i>Bone in Leg(whole)</i>	<i>5-7 lb.</i>	<i>15-20</i>	<i>20-25</i>	<i>25-30</i>	<i>325 F.</i>
<i>Leg shank half</i>	<i>3-4 lb.</i>	<i>30-35</i>	<i>40-45</i>	<i>45-50</i>	<i>325 F.</i>
<i>Leg butt half</i>	<i>3-4 lb.</i>	<i>25- 30</i>	<i>35-40</i>	<i>45-50</i>	<i>325 F.</i>
<i>Leg roasts Boneless</i>	<i>4-7lb.</i>	<i>25-30</i>	<i>30-35</i>	<i>35-40</i>	<i>325 F.</i>
<i>Rib Roast (Rack)</i>	<i>1 ½-2 lb.</i>	<i>30-35</i>	<i>35-40</i>	<i>40-45</i>	<i>375 F.</i>

Notes:

**Meat at refrigerator temperature.*

The use of meat thermometer is recommended.

Internal Temperature of meat should be 140 F. for rare, 160 F. for medium, and 170 F. for well-done.

Remove meat from oven when internal temperature is 5 to 10 degrees below desired doneness, since meat continues to cook for a few minutes.

Roast leg of Lamb

8 Garlic Cloves

Juice from One Lemon

½ tsp. of Rosemary

Salt

Freshly ground Black Pepper

Pre heat oven to 325 F. Cut 8 shallow slits in the surface of lamb and insert a clove of garlic in each slit. Brush the lamb with lemon juice, sprinkle with rosemary salt and pepper. Insert a meat Thermometer into the thickest part of the roast. Place the lamb on the rack in a roasting pan, and roast for about 20 minutes per pound or until the thermometer reaches 160 F. (medium) or 170 F. (well done). Remove from the oven and let stand uncovered for 10 to 15 minutes before carving.

*TIME TABLE FOR ROASTING PORK**

<i>Cut</i>	<i>weight (in pounds)</i>	<i>Meat thermometer reading</i>	<i>Approx. cooking time**</i>
<i>Loin roast</i>			
<i>Center cut rib or, Loin</i>	3-5	170 F.	30-35
<i>Bone- in loin end Roast.</i>	3-4	170 F.	40-45
<i>Bone in rib end Roast.</i>	3-4	170 F.	40-45
<i>Boneless center cut Roast.</i>	2-4 3-5	170 F. 170 F.	30-35 35-40
<i>Crown roasts</i>	4-7	170 F.	30-35
<i>Shoulder picnic</i>			
<i>Bone- in</i>	5-	170 F.-185 F.	30-35
<i>Boneless</i>	3-5	170 F.	35-40
<i>Bone-in pork butts</i>	4-6	170 F.	40-45
<i>Leg (fresh ham)</i>			
<i>Half bone-in</i>	7-8	170 F.-185 F.	35-40
<i>Whole bone-in</i>	14-16	170 F.-185 F.	22-26
<i>Whole boneless</i>	10-14	170 F.	24-28
<i>Tenderloin</i>	1/2-1		45-60

**Meat at refrigerator temperature.*

***Cooking times are minutes per pound.*

Remove meat from oven when internal temperature is 5 to 10 degrees below desired doneness, since meat continues to cook for a few minutes.

*TIME TABLE FOR ROASTING BEEF**

<u>Approximate cooking time**(minutes per lb.)</u>				
<u>Weight(in pounds)</u>	<i>Rare</i>	<i>Medium</i>	<i>Well done</i>	<i>oven temperature</i>
<i>Rib roast</i>				
<i>4 - 6</i>	<i>26-32</i>	<i>34-38</i>	<i>40-42</i>	<i>325 F.</i>
<i>6 - 8</i>	<i>23-25</i>	<i>27-30</i>	<i>32-35</i>	<i>325 F.</i>
<i>Rib eye roast</i>				
<i>4 - 6</i>	<i>18-20</i>	<i>20-22</i>	<i>22-24</i>	<i>350 F.</i>
<i>Tenderloin(whole)</i>				
<i>4 - 6</i>	<i>45-60(total time)</i>			<i>(preheated)425 F.</i>
<i>Tenderloin(half)</i>				
<i>2 - 3</i>	<i>45-50(total time)</i>			<i>(preheated)425 F.</i>
<i>Top round roast</i>				
<i>4 - 6</i>	<i>23-25</i>	<i>25-30</i>		<i>325 F.</i>
<i>Rump roast</i>				
<i>4 - 6</i>		<i>25-30</i>		<i>325 F.</i>
<i>Eye of round roast</i>				
<i>3.5 - 4</i>	<i>35</i>		<i>40</i>	<i>325 F.</i>
<i>Sirloin tip roast</i>				
<i>3.5 - 4</i>	<i>35</i>		<i>40</i>	<i>325 F.</i>
<i>Rump or bottom round roast</i>				
<i>4 - 6</i>		<i>25-30</i>		<i>325 F.</i>

**Meat at refrigerator temperature*

*** The use of meat thermometer is recommended.*

Internal temperature of meat should read as follows,

Rare - 140 F.

Medium - 160 F.

Well done - 170 F.

Remove meat from oven when internal temperature is 5 to 10 degrees below desired doneness, since meat will continue to cook for a few minutes.