

MEAT COOKING GUIDELINES

BEEF

Beef Tenderloin — Roast at 500°

Make sure it is fully heated to 500° before putting your roast in. Rub your roast down with your favorite seasonings and place in a baking dish. Bake at 500° for 10 minutes then turn oven down to 350° and keep in the oven for an additional 35 minutes. Whole beef tenderloin (5lbs) will feed about 8-10 people. It's done when your meat thermometer reads 140°.

All Beef Roasts are to be cooked at 325°

Internal Temperatures Rare 140° Medium 160° Well 170°

	Meat Thermometer	Approx. Cooking Time
Standing Rib Roast	140°	23-25 minutes per pound
	160°	27-30 minutes per pound
	170°	32-35 minutes per pound

Boneless Rib Roast (Delmonico Roast)

140°	18-20 minutes per pound
160°	20-22 minutes per pound
170°	22-24 minutes per pound

Sirloin Tip Roast

140°-170°	30-35 minutes per pound
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Eye of Round Roast

150°-170°	20-22 minutes per pound
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Rump Roast

150°-170°	35-40 minutes per pound
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Chuck, Brisket or English Roast

160°	25-30 minutes per pound
Braised, moist heat	

LAMB

All Lamb Roasts are to be cooked at 350°

Internal Temperatures Rare 140° Medium 160° Well 170°

Leg of Lamb

140°	15 to 20 minutes per pound
160°	20 to 25 minutes per pound
170°	25 to 30 minutes per pound

Boneless Leg of Lamb

140°	25 to 30 minutes per pound
160°	30 to 35 minutes per pound
170°	35 to 40 minutes per pound

Be sure the meat thermometer is placed into the center of roast when taking a reading. Let meat rest for 10 minutes before carving to allow the juices to reabsorb back into the meat.

PORK & HAM

All Pork Roasts and Ham are to be cooked at 325°

Internal Temperatures 160° - 170°

Crown Pork of Roast	20-25 minutes per pound
Boneless Loin Pork Roast	25-30 minutes per pound
Bone-in Loin Pork Roast	20-25 minutes per pound
Pork Tenderloin	45 minutes to 1 hour TOTAL

Pork Butts

Braised Moist Heat	35-45 minutes per pound
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Mazzulo's Honey Baked Ham

3 to 4 lbs	10-12 minutes per pound
6 to 8 lbs	7-10 minutes per pound
9 to 12 lbs	5-8 minutes per pound

POULTRY

All Poultry (except Turkey) should be cooked at 350°;

Turkey should be cooked at 325°

Internal Temperatures 180°

Whole Fryers	approx. 3 to 4lbs.	1 ¾ to 2 hours
Capon (stuffed)	approx. 5 to 8 lbs	2 ½ to 3 ½ hours
Duck	approx. 5 lbs.	3 hours
Goose	approx. 9 to 11 lbs	3 to 3 ½ hours
Chicken Breasts (with Bone)		30-40 minutes
Chicken Breasts (without Bone)		20-30 minutes
Chicken Drumsticks		35-45 minutes
Chicken Legs or Thighs		40-50 minutes
Turkey Half-Breast	approx. 2 to 3lbs.	60-75 minutes
Turkey (unstuffed)	12 to 14 lbs.	3 - 3 ¾ hours
	14 to 18 lbs.	3 ¾ - 4 ¼ hours
	18 to 20 lbs.	4 ¼ - 4 ½ hours
	20 to 24 lbs.	4 ½ - 5 hours
Turkey (stuffed)	add 15 to 30 minutes to above cooking times	

