

# Cooking Instructions

## Beef

### Oven Roast

Rib Roast, Boneless Rib Roast, Top-round, Eye-round, Sirloin Strip, Sirloin Tip

1. Do not cover or add water to the pan
2. Pre-heat oven to 450 degrees.
3. Put the roast in the oven on a rack for 15 minutes (at 450 degrees).
4. After 14 minutes, reduce temp to 350 degrees. Cook roast for approximately 20 minutes per pound.
5. Include step #3 in total cooking time

### Internal Temperatures:

Medium Rare	130 - 135 degrees
Medium	134 - 140 degrees
Well Done	150 degrees

*Note: Large Prime Rib (Ex: 5-7 ribs) will roast approximately 2½ - 3 hours. They roast faster than the required time in step #4.*

*Note: Full peeled tenderloins (Ex: 5 pounds) will roast faster because of their shape, so check them between an hour & an hour & 15 minutes.*

## Ham

### Bone-In Hams

Bake at 325 degrees for approximately 15 minutes per pound. (Do not cover) Baste after first ½ hour.

### Boneless Hams 5-6 pounds

Bake at 325 degrees for approximately 1½ hours. If the ham is pre-sliced, bake at 300°F for 1½ hours.

### Boneless Hams 9-10 pounds

Bake at 325 degrees for approximately 2 hours. If the ham is pre-sliced, bake at 300°F for 2 hours.

*Basting suggestions: Use ginger ale or pineapple juice.*

## Lamb

### Leg of Lamb

Bake at 350 degrees for approximately 20 minutes per pound.

### Internal Temperature

Medium Rare	140 degrees
Medium	145 - 150 degrees

*\* Note 1: Oven temperatures will vary, so roasting times that are shown are approximates. \**

*\*\* Note 2: Beef and Pork roast should sit for 10 minutes before slicing and turkeys should sit for 20 minutes before carving. \*\**

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## Cooking Instructions

### Pork Roast

#### **Pork Loin, Bone-In and Boneless Center - Cut Pork Roast**

1. Heat oven to 350 degrees and place the roast into the oven for approximately 35 minutes per pound.
2. (Optional) – cover the roast for the first 45 minutes.
3. Internal temperature should read between 155 - 160 degrees.

### Pork Crown Roast

1. Heat oven to 350 degrees and place the roast into the oven for approximately 3 to 3½ hours. *(This is for a large crown roast that is stuffed. For a small crown roast that is not stuffed, check internal temperature at 2½ hours.)*
2. Internal temperatures should read between 155 – 160 degrees.

### Turkeys

#### **Fresh & Frozen**

1. When cooking without a cover, place the turkey in the oven at 325 degrees.
2. When cooking with a cover, place the turkey in the oven at 350 degrees.
3. Approximate cooking time for different weights:

14-16 lbs. = 4 - 4½ hours  
16-18 lbs. = 4½ - 5 hours  
18-20 lbs. = 5 - 5½ hours  
20-22 lbs. = 5½ - 6 hours  
22-24 lbs. = 6 - 6½ hours

The internal temperature of the turkey should be 165 degrees.

*\*\*\* When checking the internal temperature, one should place meat thermometer between the thigh and breast. If possible, avoid contact with bones.*

**PLEASE NOTE: Fresh turkeys cook faster than recommended times!**

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*\*\* Note 2: Beef and Pork roast should sit for 10 minutes before slicing and turkeys should sit for 20 minutes before carving. \*\**

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