

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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