



Roasting Times for Beef/Lamb/Veal Roasts

Preheat oven to 350 °F. Look at label on the roast to determine weight of roast. From here you can estimate the approximate time it will take to cook roast. Towards end of estimated cooking time check roast using a meat thermometer for appropriate internal temperature. It is suggested to remove roast when 5-10°F below ideal internal temperature as roast will continue to cook when removed from oven. Let roast sit ~15 minutes prior to craving to prevent moisture loss. The roast can be tented with foil to retain heat. Please note cooking time is also affected by the diameter of the roast. A long skinny roast will not need as much time as a short fatter roast. Please check with our staff regarding the correct cooking method for your roast.

Doneness	Internal Temperature	Minutes/lb
Medium Rare	145°F / 63°C	20-25
Medium	160°F / 71°C	25-30
Well	170°F / 77°C	30-35