

# Roasting Guide

EVERYONE ENJOYS A ROAST AND COOKING THEM IS REALLY SIMPLE. THE TRICKIEST PART CAN BE KNOWING HOW LONG TO COOK YOUR ROAST SO WE'VE PUT TOGETHER THIS HANDY ROASTING GUIDE TO HELP YOU COOK THE PERFECT ROAST.

Remember that all ovens are different, so use this as a guide and regularly check your roast to ensure that it is cooked how you prefer. The best way of testing the 'doneness' of meat is using a meat thermometer. Use the chart below to cook your roast to your liking.

## Our top tips for all types of roast

1. Preheat the oven to the appropriate temperature for the meat you are roasting (use the charts below).
2. Brush meat lightly with oil and season with salt and pepper.
3. Cook the roast on a rack set in a roasting dish. This allows the air to circulate around the meat and will ensure even cooking and browning.
4. Use a meat thermometer to ensure accurate results.
5. Rest the roast before carving. Remove from the oven and cover loosely with foil and allow to rest for 10-20 minutes. This allows the juices to reabsorb into the meat for maximum tenderness.

INTERNAL TEMPERATURE	MEAT 'DONENESS'
60°C	RARE
60-65°C	MEDIUM RARE
65-70°C	MEDIUM
70°C	MEDIUM WELL
75°C	WELL DONE

## Roasting times (per 500 grams)

BEEF CUT	TEMP°C	RARE	MEDIUM	WELL DONE
Silverside (uncorned)/Blade/Round/Topside/Eye Round/Oyster Blade	160°C	20-25 mins	25-30 mins	30-35 mins
Scotch Fillet/Rib Eye/Rump/Sirloin/Tenderloin/Rib Roast/Rolled Beef Roast/Fillet/Standing Rib Roast	160°C	15-20 mins	20-25 mins	25-30 mins
LAMB CUT	TEMP°C	RARE	MEDIUM	WELL DONE
Backstrap/Lamb Round Roast/Topside Roast/Eye of Loin/Lamb Rump	220°C	15-20 mins	20-25 mins	25-30 mins
Loin (boned and rolled)/Leg or Shoulder (Bone in)/Boneless Leg or Shoulder	180°C	20-25 mins	25-30 mins	30-35 mins
Rack of Lamb/Rib Roast/Crown Roast	200°C	20-25 mins	25-30 mins	30-35 mins
VEAL CUT	TEMP°C	RARE	MEDIUM	WELL DONE
Fillet/Rack/Leg/Eye of Loin/Rump/Shoulder/Rolled Loin/Breast	200°C	15-20 mins	20-25 mins	25-30 mins
PORK CUT	TEMP°C	RARE	MEDIUM	WELL DONE
Leg/Shoulder/Sirloin/Scotch Roast/Rolled Loin/Rolled Belly Standing Rib Roast/Rib Eye/Topside <b>NOTE: FOR PERFECT CRACKLING FIRST 30MINS AT 220°C</b>	180°C	15-20 mins	20-25 mins	35-30 mins
CHICKEN CUT	TEMP°C	RARE	MEDIUM	WELL DONE
Whole Chicken <b>NOTE: DO NOT COOK TO RARE OR MEDIUM</b>	200°C	-	-	30-35 mins