

## Roasting Guidelines

Note: These roasting times are simply guidelines as cooking times may vary from oven to oven.

Category	Meat Cut	Oven Temperature Celsius	Approx. Cooking Time	Safe Minimum Internal Temperature
<b>Beef</b>	Dry Aged Angus Striploin (2-4lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Rib Eye Roast (2lbs, 4lbs, 6lbs, 8lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Rib of Beef on the bone (3lbs, 4lbs, 5lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Tenderloin Roast (2lbs, 4lbs, 6lbs, 8lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Wagyu Rib Eye Roast (2lbs, 4lbs, 6lbs, 8lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Wagyu Striploin Roast (2-4lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Whole Fillet of Beef (2lbs, 3lbs, 4lbs)	180°C	20 mins per lb + 20 mins over *	65°C
<b>Pork</b>	Free Range Pork Belly (2-4lbs)	180°C	20 mins per lb + 20 mins over *	72°C
	Free Range Pork Loin (2-4lbs)	180°C	20 mins per lb + 20 mins over *	72°C
	Free Range Pork Shoulder (4.5-5lbs)	170°C	3 hrs total *	72°C
	Jamie Oliver's Slow Roast Pork Shoulder (5-6lbs)	170°C	3 hrs total *	72°C
	Leg of Pork (10-12lbs)	180°C	3 hrs total *	72°C
	Pork Belly (2-4lbs)	180°C	20 mins per lb + 20 mins over *	72°C
	Pork Loin Stuffed (2.5-4lbs)	180°C	20 mins per lb + 20 mins over *	72°C
	Pork Loin Unstuffed (2.5-4lbs)	180°C	20 mins per lb + 20 mins over *	72°C
<b>Chicken</b>	Stuffed Slow Roast Pork Shoulder (5-6lbs)	170°C	3 hrs total *	72°C
	Free Range Stuffed Hubbard Chicken (3.5-4.6lbs)	180°C	1.5-2 hrs total *	74°C
	Free Range Unstuffed Hubbard Chicken (3.5-4.6lbs)	180°C	1.5-2 hrs total *	74°C
	Organic Chicken (4.5-4.8lbs)	180°C	1.5-2 hrs total *	74°C
<b>Lamb</b>	Full Leg of Lamb (Approx. 5lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Half Leg of Lamb (Approx. 2.5lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Rack of Lamb (Approx. 1.6 lbs)	180°C	20 mins per lb + 20 mins over *	65°C
	Stuffed Rack of Lamb (Approx. 1.6 lbs)	180°C	20 mins per lb + 20 mins over *	65°C

\*Use our pop-up timers to ensure the perfect roast. Simply put the timer into your selected cut at the designated temperature and when the red-eye pops up your meat is cooked.