

The Ultimate Roasting Chart



Cut <i>Remember, ALWAYS SEASON YOUR MEAT!</i>	Searing Method <i>In General, if you choose to sear in the oven, sear for 7 minutes/lb for roasts up to 3lbs, and sear for 30 min. total for roasts more than 3lbs. Time for searing on the stovetop is long enough to achieve a golden crust, without burning.</i>	Cooking Temp.	Cooking Time Minutes / Lbs	Internal Temp. Before Resting <i>Always use a thermometer!</i>	Chef Jonathan's Tips
Beef Inside Round, boneless	Stove Top or 450F in oven	325F	18–22	125F (Med. Rare)	Best served rare / med. rare. Definitely the most flavourful cut from the hip and certainly the most forgiving cut for beginners. An excellent choice to experiment and practice on. Great cold for sandwich meat.
Beef Prime Rib Roast	450F in oven	325F	18-22	125F	Very flavourful. Very tender. This is your classic “standing rib roast”. Best served rare – med. rare. Remove the ribs before serving your guests. Broiled and basted in you favourite sauce the next day, it is a well deserved reward for your efforts.
Beef Sirloin Tip Roast	Stove Top is preferred	325F	18-22	125F	One of my favourites. Flavourful, tender and best of all, economical. Usually 2-3lbs. in size with more length than girth it easily sears in a 10 inch skillet and cooks faster than its weight would indicate. For a 3 pound roast cook for the time of a 2 pounder.
Beef Top Sirloin Roast	Stove Top or 450F in oven	325F	18-22	125F	With a higher amount of fat, this cut is more flavourful and tender than the Sirloin Tip. This roast is best served med. rare. Like the Sirloin Tip it's a great “bang for your buck”.
Beef Tenderloin Roast	Stove Top or 450F in oven	325F	15-18	110F (Rare)	Lean and very tender, I like to serve this cut rare. One of the “longer than it is thick roasts”, it cooks faster than other cuts. My favourite method for a 3lb Tenderloin Roast is to sear at 450F for 30mins. and then let it rest for 20min., essentially eliminating the cooking stage. It works well because of the lack of connective tissue and fat in the cut.
Pork Loin, Boneless	Stove Top or 450F in oven	325F	25–29	140F (Medium)	Very tender, flavourful and lean. Best served medium.
Pork Spare Ribs	Braise, then grill or broil	300F	90-120 per rack	Until almost tender	Almost tender? Yes. You should be able to tear two ribs apart with minimal effort. The meat should also have shrunk, exposing more of the rib bones. Allow the ribs to rest before grilling or broiling. Remember to baste and turn often. For ribs, when using the broil setting on an electric oven, place the rack in the middle of the oven so the sauce does not burn before you achieve “fall off the bone” meat.

Porchetta Roast (Our version is pork shoulder, wrapped with pork skin)	450F in oven	350F	25-29	140F	With the added layer of skin tied onto the top of this cut it can withstand cooking at a little higher temperature than usual. The classic Italian preparation gives you an already seasoned roast that is just as good the next day for cold lunch meat.
Leg of Lamb, bone in;	450F in oven	325F	18-22	125F (Med. Rare)	I can think of few things more beautiful than carving a bone-in roast at the table. Plus the added flavour of roasting on the bone is excellent. This is a great roast for intermediate level cooks.
Lamb Saddle, boneless	450F in oven	325F	15-18	125F	Another long and narrow cut with a thin layer of protective fat on the outside, the saddle is very tender and can be roasted by searing for 30 min. and resting for another 20 min. Best served rare – med. rare
Lamb Rack	Stove Top or 450F in oven	325F	18-22	125F	I prefer to sear a rack of lamb on the stove top to ensure a good caramelization on the outside, and then cook in the oven until med. rare. A whole rack, oven seared for 20min. and then left to rest is a very good method for a rare rack.
Boneless Lamb Shoulder	Stove Top or 450F in oven	325F	18-22	125F	With a higher content of fat the shoulder is the most flavourful if not the most tender of cuts. Dry roasting and braising are both excellent ways to cook this particular cut.
Whole Chicken	450F in oven	350F	20	160F	Everyone should have a whole chicken in their roasting repertoire. Check out how to stuff herbs under the skin in our Roast Chicken recipe for a more impressive presentation.
Chicken Leg	Stove Top or 450F in oven	350F	25-30	160F	I prefer to sear individual pieces of chicken on the stove top and then transfer them to the oven to avoid drying them out. It should take the same amount of time to cook several pieces as it does to cook one provided there is ample space in your pan between each piece. Depending on how crowded the pieces are, add a few minutes of cooking time and rotate the pieces from the outside to the center and vice versa to ensure even cooking. If cooking bone-in, add another few minutes to the cooking time.
Chicken Breast	Stove Top	350F	25-30	160F	
Chicken Wings	450F in oven	350F	Aprox. 45min. / batch	160F	The trick to getting your chicken wings to pull of the pan when they are done is to use parchment paper. This is available in most stores, or you can ask us for some. Do not use wax paper.
Cornish Hen	425F	350F	30 including searing	160F	The average Cornish Hen is about a pound so I suggest searing for no more than 10 min. I also suggest trussing (tying the legs and wings closer to the body) to help keep the breast moist and ensure even doneness.
Whole Turkey	no need	325F	15-20	160F	For roasting a turkey, I recommend reading our Guide To Roasting the Perfect Turkey available at: http://www.thehealthybutcher.com/livetoeat/volume6/LiveToEat-Volume6-The_Healthy_Butchers_Perfect_Turkey.html Measure the thigh temperature 45min. before the estimated time in the table and gauge at that point how much more time your turkey will need.

Turkey Breast, boneless	Stove Top	325F	15	160F	I like to tie a turkey breast with butcher twine, folding the thin end under until it is a uniform thickness. This, as well as searing on the stove before transferring to the oven, will help ensure a moist breast. Turkey breast does not have to be dry.
Whole Duck	350 F – at end!!!	250F	40-45	Until the upper part of drumstick is soft	Turn and prick the duck every hour and sear at the end! With a whole duck it works. To get the full details see our Roasting a Whole Duck recipe at: http://www.thehealthybutcher.com/livetoeat/volume23/LiveToEat-Volume23-TheFundamentalPrinciplesOfRoasting.html It's easier than you might think
Duck Breast, boneless	Stove Top	325F Medium-low heat on stove top	12-14	125 F (Med. Rare)	I prefer to cook duck breast on the stove top from start to finish. Score the fat without marking the flesh underneath. Sear the non-fat side first then turn the breast over and cook fat side down until the desired doneness is achieved. You may have to pour off some of the rendering fat while cooking because you don't want to deep-fry the breast. Don't throw it away; it's gold!
Duck Leg	Best braised or confit	300F	Several hours	Until tender	Duck legs have a lot of sinew and connective tissue in them so are generally very tough and have to be cooked very slowly. You can tell when they're done because the joint between the thigh and the drumstick becomes very flexible when wiggled.
Whole Rabbit	Braise	300F	120min.	Until tender	The legs of the rabbit are rather tough and have a lot of connective tissue in them. I think they're best served braised.
Elk Sirloin Tip	Stove Top	325F	18–22	125F (Med. Rare)	Elk is very lean. Best served rare – med. rare. A very flavourful and economical cut. Of all the venison family, elk has the mildest flavour. A really good place to start for those not familiar with venison.
Elk Eye of Round Roast	Stove Top or 450F in oven	325F	18-22	110F	The leanest cut on a very lean animal, with virtually no fat on it. Best served rare. Elk is becoming increasingly popular with people on high protein and low fat diets.
Bison Inside Round Roast	Stove Top or 450F in oven	325F	18-22	125F	Best served rare – med. rare. Bison is a little leaner than beef but demonstrates similar characteristics when cooking. Just like the beef inside round, this cut of bison is the most flavourful in the hip and the leftovers make fantastic sandwich meat.
Bison Ribeye Roast, boneless	Stove Top or 450F in oven	325F	18-22	125F	Very flavourful and tender. This cut is sometimes ordered with a little added fat cap tied to it to keep moist during cooking.
Venison Rack, 7 bones	450F in oven	325F	18-22	125F	Too large to sear on the stove top, sear your venison rack in a hot oven. Let it rest and serve it on the bone, carving between each chop.