

### Semi-Boneless & Boneless Rib Roast

#### Serving Size:

Semi-Boneless: 1 rib per 2 people Boneless: 3/4 lb per person

#### **Cooking Instructions:**

Ask for it rubbed with our own special blend, or season with salt, pepper, & garlic to taste. Preheat oven to 325 degrees. Place roast in a roasting pan uncovered and roast until desired internal temp is reached. Remove the roast from oven and allow it 15-20 minutes covered before slicing. The internal temp may raise 5-10 degrees during this time. Allow for this increase in temp when determining your finished cook temperature.

#### Internal Temperatures & Cooking Times:

#### **Semi-Boneless Roast**

2 rib to 3 rib roast: 1-2 hours 4 rib to 5 rib roast: 2-2.5 hours

7 rib roast: 3-3.5 hours

**Medium-rare to medium:** internal temp of 125-135

degrees.

**Medium to medium-well:** internal temp of 140-155 degrees. For best results use a meat thermometer.

#### **Boneless Roast**

3lb to 5lb roast: 1-1.5 hours 5lb to 7lb roast: 1-2 hours 7lb to 12lb roast: 2-2.5 hours

Medium-rare to medium: internal temp of 125-135

degrees.

**Medium to medium-well:** internal temp of 140-155 degrees. For best results use a meat thermometer.

## Beef Tenderloin Roast

#### Serving Size:

Whole roast of 5-6 lb will feed 6-8 people

#### **Cooking Instructions:**

Ask for it rubbed with our own special blend, or season with salt, pepper & garlic to taste. Preheat oven to 400 degrees. Place roast in a roasting pan uncovered and roast for approximately 50 minutes, or until meat thermometer reads 135 degrees internal temp for medium. Remove the roast from oven and allow it 15-20 minutes covered before slicing. The internal temp may raise 5-10 degrees during this time. Allow for this increase in temp when determining your finished cooked temperature. If you wish a more thoroughly cooked roast, cook a bit longer.

## Boneless Veal Leg Roast

#### Serving Size:

1 lb per person

#### **Cooking Instructions:**

Ask for this roast stuffed with Italian cold cuts for a traditional holiday favorite. Sprinkle veal roast with salt, pepper, & garlic to taste. For a plain roast season generously to enhance the flavor of the meat. Place veal roast on a rack in a shallow baking pan uncovered. Preheat oven to 350 degrees. Cook a 3lb – 4lb roast for approx. 1 hour 15 minutes. Cook a 5lb – 6lb roast for 1 – 2 hours. The veal roast is done when the internal temperature reaches 140 degrees in the center. Cover the roast with foil and let sit 15-20 minutes before carving.



# Cooking Instructions

## Roasted Turkey

#### Serving Size:

Fresh is always best | 1lb per person

#### **Cooking Instructions:**

If it is frozen, thaw in unopened wrapper on a tray in the refrigerator. Allow one day of thawing for every 4lbs of turkey. You can also thaw the turkey in its wrapper in cold water, changing the water every 30 minutes, allow 30 minutes per 1 lb. of turkey. Wash turkey in cold water and remove the neck and gizzards. If desired you can stuff the turkey then place it in a roasting pan uncovered. Preheat oven to 325 degrees.

#### Internal Temperatures & Cooking Times:

#### **Unstuffed Turkey**

10 lb - 18 lb turkey: 3 - 3 hours 18 lb - 22 lb turkey: 3 - 4 hours 22 lb - 30 lb turkey: 4 - 5 hours

The turkey is done when the thermometer reads 165 degrees in the breast and 180 degrees in the thigh.

#### **Stuffed Turkey**

10 lb - 18 lb turkey: 3-4 hours 18 lb - 22 lb turkey: 4-5 hours 22 lb - 24 lb turkey: 5-5 hours 24 lb - 30 lb turkey: 5-6 hours

The turkey is done when the thermometer reads 165 degrees in the breast and 180 degrees in the thigh.

## Roast Leg of Lamb

#### Serving Size:

1 lb per person

#### **Cooking Instructions:**

Cut small slits in leg and stuff with fresh garlic, then rub with olive oil, season with salt, pepper, allspice and fresh mint. Place leg uncovered in roasting pan. Preheat oven to 350 degrees. Roast leg for approx. 2 hours or until the internal temp of the leg is 135 degrees for medium. Remove from oven and let sit 15 – 20 minutes before carving. Mint Jelly is a favorite condiment served with roast leg of lamb.

## Crown Roast of Pork

#### Serving Size:

2 ribs per person | Available in ribs of 12, 14, 16, 18, 20, 22, 24

#### **Cooking Instructions:**

Sprinkle pork roast with salt & pepper to taste. If desired, cover exposed ribs to prevent over-browning during cooking. Also if stuffed, cover stuffing to keep moist. Place roast in a roasting pan uncovered. Cook a 10-12 rib roast for approx. 2 hours, and a 14-16 rib roast for approx. 3 hours, or until internal temperature has reached 155 degrees. Dress ribs with paper booties and place on platter and let stand for 15 minutes before carving. To carve slice between ribs.

## Herb Roasted Boneless Turkey Breast

1/2 tsp dried rosemary 1/2 tsp dried sage 1/2 tsp dried thyme

#### **Cooking Instructions:**

Preheat oven to 350 degrees. Mix herbs in a small bowl. Rub herb mixture over turkey breast. Place breast in uncovered roasting pan and roast until a meat thermometer placed in the thickest part of the breast registers 165 degrees.

#### Approximate cooking times (ovens vary)

3-5 lbs. boneless 1 1/2 hrs - 2hrs 5-8 lbs. boneless 2 hrs - 2 1/2 hrs 8-12 lbs. boneless 2 3/4 hrs - 3 1/2 hrs (cover the 1st hour with large breasts)

When the breast is done, cover and let sit 15 minutes before slicing. Remember breast meat is all white meat and overcooking will result in a dry tasteless breast!