



ALL NATURAL • FARM TO TABLE  
HIGH QUALITY MEATS

SpringRiverCattleCompany.com

## Roasting Meats

Place meat fat side up, on a rack in a shallow roasting pan. (Roasts with a bone do not need a rack.) For ham, score the top in a diamond pattern to increase it's flavor. Don't cover or add any liquid. Roast at 325° unless the chart specifies otherwise. The roast will be ready when the internal temperature reaches 5° below the specified temperature on your meat thermometer. For example if you want the roast to be 140° internally simply pull the roast from the oven at 135°. Remove the roast from the oven and cover with foil; then let it sit for 15 minutes. The internal temperature will rise 5° during this resting period.

**THAW MEATS TO ROOM TEMPERATURE AND USE A MEAT THERMOMETER FOR BEST RESULTS**

<u>Beef</u>				
<u>Cut</u>	<u>Weight</u>	<u>Doneness</u>	<u>Temperature</u>	<u>Roasting Time</u>
Boneless Rolled Rump Roast	4 to 6 pounds	Medium	160°	1-3/4 to 2-3/4 hours
Boneless Sirloin Roast	4 to 6 pounds	Medium Rare Medium	145° 160°	2-1/4 to 3 hours 2-3/4 to 3-1/2 hours
Eye Round Roast	2 to 3 pounds	Medium Rare Medium	145° 160°	1-1/2 to 2 hours 1-3/4 to 2-1/4 hours
Rib Eye Roast (roast at 350°)	4 to 6 pounds	Medium Rare Medium	145° 160°	1-1/2 to 2 hours 2 to 2-1/2 hours
Rib Roast (roast at 350°)	4 to 6 pounds	Medium Rare Medium	145° 160°	1-3/4 to 2-1/4 hours 2-1/4 to 2-3/4 hours
Tenderloin Roast (roast at 425°)				
Half	2 to 3 pounds	Medium Rare	145°	1/2 to 3/4 hour
Whole	4 to 6 pounds	Medium Rare	145°	3/4 to 1 hour
Round Tip Roast	3 to 5 pounds 6 to 8 pounds	Medium Rare Medium Rare	145° 145°	1-3/4 to 2-1/2 hours 2-1/2 to 3-1/2 hours
Top Round Roast	4 to 6 pounds	Medium Rare	145°	1-1/2 to 2-3/4 hours

<u>Veal</u>				
<u>Cut</u>	<u>Weight</u>	<u>Doneness</u>	<u>Temperature</u>	<u>Roasting Time</u>
Boneless Rolled Breast Roast	2-1/2 to 3-1/2 pounds	Medium	160°	1-3/4 to 2-1/4 hours
Boneless Rolled Shoulder Roast	2-1/2 to 3 pounds	Medium	160°	2 to 2-3/4 hours
Loin Roast	3 to 4 pounds	Medium	160°	1-3/4 to 2-1/2 hours
Rib Roast	4 to 5 pounds	Medium	160°	1-3/4 to 2-1/2 hours

<u>Lamb</u>				
<u>Cut</u>	<u>Weight</u>	<u>Doneness</u>	<u>Temperature</u>	<u>Roasting Time</u>
Boneless Rolled Leg Roast	4 to 7 pounds	Medium Rare to Well Done	145° to 170°	2 to 4 hours
Boneless Rolled Shoulder Roast	3-1/2 to 5 pounds	Medium Rare to Well Done	145° to 170°	2 to 3-1/2 hours
Whole Leg Roast (bone-in)	5 to 7 pounds 7 to 9 pounds	Medium Rare to Well Done Medium Rare to Well Done	145° to 170° 145° to 170°	2 to 3-1/2 hours 2-1/4 to 3-3/4 hours
Shank Half	3 to 4 pounds	Medium Rare to Well Done	145° to 170°	1-3/4 to 3 hours
Sirloin Half	3 to 4 pounds	Medium Rare to Well Done	145° to 170°	1-1/2 to 3 hours



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<u>Cut</u>	<u>Weight</u>	<u>Pork</u> <u>Doneness</u>	<u>Temperature</u>	<u>Roasting Time</u>
Boneless Top Loin Roasts				
Single Loins	2 to 3 pounds	Medium Well	160°	1-1/4 to 1-3/4 hours
Double Loins (tied)	3 to 5 pounds	Medium Well	160°	1-3/4 to 2-1/2 hours
Loin Back Ribs, Spareribs	2 to 4 pounds	Medium Well	160°	1-1/2 to 1-3/4 hours
Country-Style Ribs (roast at 350°)	2 to 4 pounds	Medium Well	160°	1-1/2 to 2 hours
Blade or Sirloin Roasts	3 to 4 pounds	Well Done	170°	1-3/4 to 2-1/2 hours
Loin Center Rib Roasts	3 to 5 pounds	Medium Well	160°	1-1/2 to 2-1/2 hours
Rib Crown Roasts	6 to 8 pounds	Medium Well	160°	2 to 3-1/2 hours
Tenderloins (roast at 425°)	3/4 to 1 pound	Medium Well	160°	25 to 35 minutes
Ham (fully cooked)				
Boneless Portion	3 to 4 pounds	Heated Through	140°	1 to 1-1/2 hours
Boneless Half	4 to 6 pounds	Heated Through	140°	1-1/4 to 2 hours
Smoked Picnic	5 to 8 pounds	Heated Through	140°	2 to 4 hours
Ham (cook before eating)				
Bone-In Portion	3 to 5 pounds	Medium Well	160°	1-3/4 to 3 hours
Bone-In Half	7 to 8 pounds	Medium Well	160°	2-1/2 to 3-1/4 hours