



*Because Quality Matters*

*ROAST COOKING INSTRUCTIONS*

Preheat oven to 500 degrees. 2. Cook roast for 10 minutes at 500 degrees. 3. Turn oven down to 350 degrees and leave door open for 60-90 seconds to help release heat. 4. After cooking roast approximately 10-12 minutes per pound, periodically place thermometer in middle of the roast. Roast should be taken out of oven at 120-125 degrees for medium rare, 130-135 degrees for medium. 5. Roast **MUST** finish cooking on top of counter. Wait 10-15 minutes; serve at 135-140 degrees for medium rare and 145-150 degrees for medium.

<b>Beef Roast Cooking Temperatures</b>		
Rare	120 to 125 degrees F	center is bright red, pinkish toward the exterior portion
Medium Rare	130 to 135 degrees F	center is very pink, slightly brown toward the exterior portion
Medium	140 to 145 degrees F	center is light pink, outer portion is brown
Medium Well	150 to 155 degrees F	not pink
Well Done	160 degrees F and above	roast is uniformly brown throughout (not recommended)



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## TURKEY COOKING INSTRUCTIONS

Roasting times are for a preheated 325° F oven

Turkey is done when breast meat reaches an internal temperature of 160° F

<b>Approximate Roasting Times for Stuffed Turkey</b>	
<b>Turkey Weight</b>	<b>Hours</b>
6 to 8 pounds	3 to 3-1/2 hours
8 to 12 pounds	3-1/2 to 4-1/2 hours
12 to 16 pounds	4-1/2 to 5-1/2 hours
16 to 20 pounds	5-1/2 to 6 hours
20 to 24 pounds	6 to 6-1/2 hours
<b>Approximate Roasting Times for Unstuffed Turkey</b>	
<b>Turkey Weight</b>	<b>Hours</b>
6 to 8 pounds	2-1/2 to 3 hours
8 to 12 pounds	3 to 4 hours
12 to 16 pounds	4 to 5 hours
16 to 20 pounds	5 to 5-1/2 hours
20 to 24 pounds	5-1/2 to 6 hours