

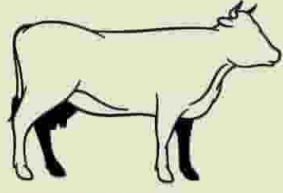
# RULE THE ROAST

# ROASTING MEAT

## Times and Temps

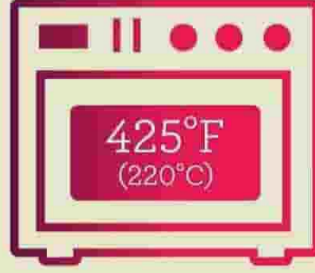
Now you can **RULE THE ROAST** with this handy guide to roasting times and temperatures. Plus, use our seasoning suggestions to give your meat a flavourful boost.

### BEEF



**OVEN ROAST (TENDERLOIN, INSIDE ROUND, OUTSIDE ROUND, SIRLOIN TIP)**

Preheat oven to



🕒 20 min. per 1 lb/500 g

Cook until internal temp is...



145°F (63°C)  
medium-rare



160°F (71°C)  
medium

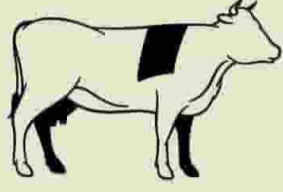


170°F (77°C)  
well done

Let rest for...



15 min.



**PRIME RIB (BONE-IN, 10 LB/4.5 KG)**

Preheat oven to



Roast for 30 min.; reduce heat to 300°F (150°C) and cook for 2-2½ hrs.

🕒 30 min. per 1 lb, reduce and cook 2-2½ hrs.

Cook until internal temp is...



145°F (63°C)  
medium-rare



160°F (71°C)  
medium



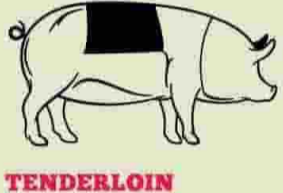
170°F (77°C)  
well done

Let rest for...



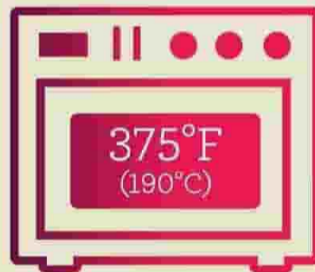
25-30 min.

### PORK



**TENDERLOIN**

Preheat oven to



Roast for 25 to 30 min. per ¼ to 1 lb/375 to 500 g

🕒 25-30 min. per ¼ to 1 lb

Cook until internal temp is...

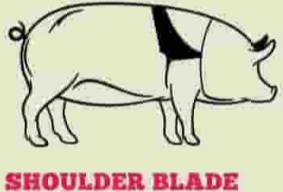


160°F (71°C)

Let rest for...



10-15 min.



**SHOULDER BLADE**

Preheat oven to



**Bone-in:** roast for 25 to 30 min. per 1 lb/500 g

🕒 25-30 min. per 1 lb

**Boneless:** roast for 30 to 35 min. per 1 lb/500 g

🕒 30-35 min. per 1 lb

Cook until internal temp is...



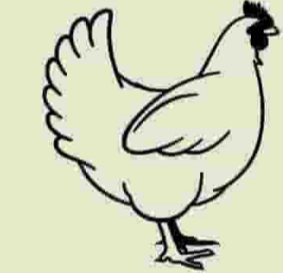
160°F (71°C)

Let rest for...



15-30 min.

### POULTRY



**CHICKEN (WHOLE)**

Preheat oven to



**Unstuffed:** roast for 1 hour 45 min. per 3 lb/1.5 kg

🕒 1 hr. 45 min. per 3 lb

**Stuffed:** roast for 2 hours 10 min. per 3 lb/1.5 kg

🕒 2 hrs. 10 min. per 3 lb

Cook until internal temp is...

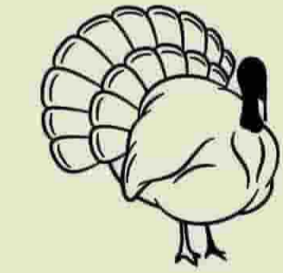


185°F (85°C)  
(If stuffed, stuffing should be 165°F/74°C.)

Let rest for...



10-15 min.



**TURKEY (WHOLE)**

Preheat oven to



**9 lb/4 kg unstuffed:**

🕒 3 hrs.\*

🌡️ Cook until internal temp. is 185°F (85°C)



**14 lb/6.5 kg stuffed:**

🕒 3 to 3½ hrs.\*

🌡️ Cook until internal temp. is 185°F (85°C)

(Stuffing should be 165°F/74°C.)



Let rest for...



15-30 min.

\* Or 20 min. per 1 lb/500 g.

\*\* Note: Different recipes suggest different roasting times and methods.

\*\*\* Trust Your Thermometer: Times and temps vary based on the size of your roast and the type of oven you use. Check your thermometer near the end of cooking to determine doneness.

### Fresh Flavourings

Combine these seasonings with a little olive oil, salt and pepper and spread on the outside of your roast.

#### Beef

- lemon zest + minced garlic + dried thyme + dried rosemary
- minced garlic + cilantro + ground cumin + smoked paprika
- ground coriander + hot pepper flakes

#### Pork

- Dijon mustard + fresh rosemary
- brown sugar + chili powder + ground cumin
- minced garlic + hoisin sauce + soy sauce + rice wine vinegar

#### Poultry

- halved lemon + sliced garlic + fresh oregano
- orange juice + white wine + honey
- ground coriander + ground cinnamon + ground cumin + sweet paprika + cayenne pepper

