

A Guide to Roasting

Decide if you want red or white meat, how many people you would like to feed and how much you want to spend.

Cheaper cuts generally take longer to cook at a lower temperature as they take longer to tenderise. They deliver great flavour and great value if you are prepared to take time over cooking them.

More expensive cuts usually cook quicker, these can be served more medium rare and are more tender by nature. These cuts also tend to be leaner, with fat to the outside rather than through the centre of the meat.

Some very lean cuts require additional fat for basting, ask one of our butchery team if you would like extra fat for cooking.



Our Butchers are Always Happy to Help

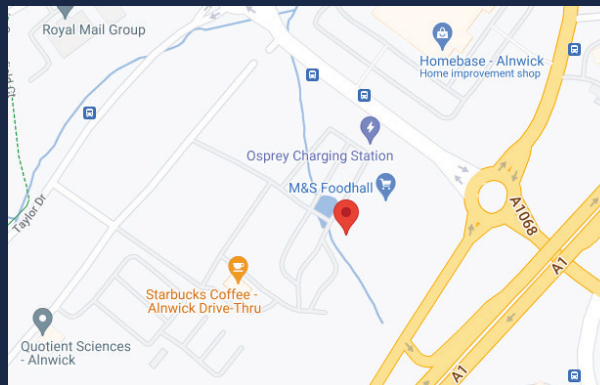
.....
PLEASE ASK for advice

Probe Thermometer Temperature Guide

Use the cooking guide for cooking time(s)

Insert your probe thermometer into the centre of the thickest part of your meat and check the temperature. The table below is a guide of temperatures required to cook meats to your preference:

Meat	Rare	Medium	Well Done
Beef	55-60°C	60-65°C	75°C+
Lamb	-	65-70°C	75°C+
Pork	-	-	75°C+
Poultry	-	-	75°C+
Venison	55-60°C	60-65°C	75°C+



Turnbull's Northumbrian Food Hall
Willowburn Retail Park,
Alnwick, NE66 2DJ

Tel.: 01665 602186
Email: info@turnbullsfood.co.uk

Meat Roasting Guide

Turnbull's
Northumbrian Food



Prepared by our expert Butchers to help you cook the perfect roast!

www.turnbullsfood.co.uk

Turnbull's Guide to Roasting

All of these joints require about 15 minutes to sear at the pre-heated temperature of 200°C/390°F/Gas 6 then reduce to the temperatures and timings below.
(This is a guide only as ovens vary we always recommend the use of a meat thermometer)

Beef (Per 450g/lb allow the shorter time for rare up to the longer time for well done)

Sirloin, Rump & Rib	15-30 minutes per 450g/lb 180°C/355°F/Gas 4
Topside	20-35 minutes per 450g/lb 180°C/355°F/Gas 4
Brisket (Slow/Pot Roast)	45-55 minutes per 450g/lb 160°C/330°F/Gas 3

Lamb (the skin is perfect for rubbing with a blend of salt,pepper and herbs)

Rack (3-6 chops)	Sear then 10-20 minutes at 170°C/340°F/Gas 4
Saddle (stuffed)	10-20 minutes per 450g/lb 200°C/390°F/Gas 6
Leg (boneless)	20-25 minutes per 450g/lb 200°C/390°F/Gas 6
Leg (Carvery)	20-25 minutes per 450g/lb 190°C/355°F/Gas 5
Shoulder	45-55 minutes per 450g/lb 160°C/330°F/Gas 3

Pork (to crackle: ensure the skin is thoroughly dry and rub coarse salt into the scored skin)

Loin	25-30 minutes per 450g/lb 170°C/340°F/Gas 4
Leg	20-25 minutes per 450g/lb 200°C/390°F/Gas 6
Shoulder	45-55 minutes per 450g/lb 160°C/330°F/Gas 3
Gammon	20-25 minutes per 450g/lb 200°C/390°F/Gas 6

Poultry (if cooking with skin on, open roast and rub skin with olive oil)

Chicken	20-25 minutes per 450g/lb 190°C/355°F/Gas 5
Turkey Breast	25-30 minutes per 450g/lb 170°C/340°F/Gas 4
Duck Breast	Sear for 1 minute either side in a pan then roast for 10-15 minutes at 180°C/355°F/Gas 4

Game (very lean and is best basted with a layer of bacon fat)

Venison Haunch	20 minutes per 450g/lb 180°C/355°F/Gas 4
Rabbit	30-45 minutes per 450g/lb 190°C/375°F/Gas 5

The Roasting Rules...

Allow 200-250g of raw meat per person when ordering your joint.

Always remove your meat from the fridge about an hour before cooking, cover and leave on the side until it reaches room temperature.

Pre-heat your oven to 200°C / 390°F / Gas 6, this will sear your meat. Baste regularly by spooning over the fats and juices, this will prevent your joint from drying out.

Always rest your meat in a warm place for at least 30 minutes before serving, cover with foil and allow the juices to be Re-absorbed.

When is it ready?

The best way of checking if your meat is ready is with a probe thermometer, ask a member of our butchery team for details.

Alternatively check the colour of the juices from the thickest part of the joint or in poultry at the breast bone and centre of the thigh.

The juices are clear when fully cooked, pink when medium and red is always rare (underdone).

Pork and poultry should always be fully cooked through.