

FARMINGDALE MEAT MARKET
210 MAIN STREET
FARMINGDALE, NY 11735
516-249-8200

COOKING DIRECTIONS FOR ALL RIB ROASTS PURCHASED AT FARMINGDALE MEAT MARKET

****All cooking directions are for cooking Rib Roasts medium rare****
Internal temperature for medium rare is 130 degrees

Preheat oven to 500 degrees

Season with salt, pepper, garlic powder and onion powder

TWO, THREE AND FOUR RIBS OF BEEF

25 minutes at 500 degrees
115 minutes at 325 degrees

FIVE, SIX, AND SEVEN RIBS OF BEEF

25 minutes at 500 degrees
125 minutes at 325 degrees

FOR RARE ROAST BEEF, LESSEN COOKING TIME 10-15 MINUTES

FOR MEDIUM, COOK 5-10 MINUTES LONGER



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Farmingdale Meat Market
The Finest Meats Since 1946