

*Be sure the meat thermometer is placed into the center of roast when taking a reading.  
Let meat rest for 10 minutes before carving to allow the juices to reabsorb back into the meat  
All Beef Roasts are to be cooked at 325°*

*Internal Temperatures Rare 140° Medium 160° Well 170°*

	<u>Meat Thermometer</u>	<u>Approx. Cooking Time</u>
<b>Standing Rib Roast</b>	140°	23-25 minutes per pound
	160°	27-30 minutes per pound
	170°	32-35 minutes per pound
<b>Boneless Rib Roast (Delmonico Roast)</b>	140°	18-20 minutes per pound
	160°	20-22 minutes per pound
	170°	22-24 minutes per pound
<b>Sirloin Tip Roast</b>	140°-170°	30-35 minutes per pound
<b>Eye of Round Roast</b>	150°-170°	20-22 minutes per pound
<b>Top Round Roast</b>	150°-170°	20-22 minutes per pound Great for Rotisserie
<b>Rump Roast</b>	150°-170°	35-40 minutes per pound
<b>Chuck, Brisket or English Roast</b>	160° Braised, moist heat	25-30 minutes per pound



