

# The Ultimate Roasting Chart

## Fridge Magnet Edition

By **THE HEALTHY BUTCHER**

<b>Cut</b>	<b>Searing Method</b> <i>In General, if you choose to sear in the oven, sear for 7 minutes/lb for roasts up to 3lbs, and sear for 30 min. total for roasts more than 3lbs. Time for searing on the stovetop is long enough to achieve a golden crust, without burning.</i>	<b>Cooking Temp.</b>	<b>Cooking Time</b>  <b>Minutes / Lbs</b>	<b>Internal Temp. Before Resting</b>  <i>Always use a thermometer!</i>
<b>Beef Inside Round</b>	Stove Top or 450F in oven	325F	18-22	125F (Med. Rare)
<b>Beef Prime Rib Roast</b>	450F in oven	325F	18-22	125F
<b>Beef Sirloin Tip or Top Sirloin Roast</b>	Stove Top is preferred or 450F in oven	325F	18-22	125F
<b>Beef Tenderloin Roast</b>	Stove Top or 450F in oven	325F	15-18	110F (Rare)
<b>Pork Loin, Boneless</b>	Stove Top or 450F in oven	325F	25-29	140F (Medium)
<b>Porchetta Roast</b>	450F in oven	350F	25-29	140F
<b>Leg of Lamb, bone in;</b>	450F in oven	325F	18-22	125F (Med. Rare)
<b>Lamb Saddle, boneless</b>	450F in oven	325F	15-18	125F
<b>Lamb Rack</b>	Stove Top or 450F in oven	325F	18-22	125F
<b>Boneless Lamb Shoulder</b>	Stove Top or 450F in oven	325F	18-22	125F
<b>Whole Chicken</b>	450F in oven	350F	20	160 F
<b>Chicken Leg</b>	Stove Top or 450F in oven	350F	25-30	160F

<b>Chicken Breast</b>	Stove Top	350F	25-30	160F
<b>Cornish Hen</b>	425F	350F	30 including searing	160F
<b>Whole Turkey</b>	no need	325F	15-20	160F
<b>Turkey Breast, boneless</b>	Stove Top	325F	15	160F
<b>Whole Duck</b>	350 F – at end!!!	250F	40-45	Until the upper part of drumstick is soft
<b>Duck Breast,</b>	Stove Top	Medium-low heat on stove top	12-14	125F (Med. Rare)
<b>Duck Leg</b>	Best braised or confit	300F	Several hours	Until tender
<b>Whole Rabbit</b>	Braise	300F	120min.	Until tender
<b>Elk Sirloin Tip</b>	Stove Top	325F	18-22	125F (Med. Rare)
<b>Elk Eye of Round Roast</b>	Stove Top or 450F in oven	325F	18-22	110F
<b>Bison Inside Round Roast</b>	Stove Top or 450F in oven	325F	18-22	125F
<b>Bison Ribeye Roast, boneless</b>	Stove Top or 450F in oven	325F	18-22	125F
<b>Venison Rack, 7 bones</b>	450F in oven	325F	18-22	125F

*Passion for food. Passion for life.*

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