

## Cooking Whole Meat Roasts

INCLUDING BEEF, CORNED BEEF, LAMB, PORK AND CURED PORK

### Oven types and temperatures

Select the proper oven temperature based on the:

- Size of the roast (less than 10 pounds **or** 10 pounds or more)
- Type of oven (still dry, convection **or** high humidity)

Oven type	Oven temperature
Still dry	Less than 10 pounds: 350°F or more 10 pounds or more: 250°F or more
Convection	Less than 10 pounds: 325°F or more 10 pounds or more: 250°F or more
High humidity	Roasts of any weight: 250°F or less

### Roast temperatures and holding times

Use one of the time and internal temperature combinations listed below for cooked beef and roast beef, including sectioned and formed roasts, chunked and formed roasts, lamb roasts and cooked corned beef.

The roast temperature is the minimum that must be achieved and maintained in all parts of each piece of meat for at least the stated hold time

Roast temperature	Oven temperature
130°F	112 minutes
131°F	89 minutes
133°F	56 minutes
135°F	36 minutes
136°F	28 minutes
138°F	18 minutes
140°F	12 minutes
142°F	8 minutes
144°F	5 minutes
145°F	4 minutes