

A Guide to Roasting

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Choosing your meat....

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 a butcher if you would like extra fat for cooking.

The Butchery

Our butchers are **ALWAYS** happy to help
PLEASE ASK for advice



A Guide for Roasting Times...

All of these joints will require about 15-20 minutes to sear at the pre-heated temperature of 200°C / 390°F / Gas 6 then reduce to the temperatures & timings below. (This is a guide only as ovens vary)

Beef (per 450g/lb allow the shorter time for rare up to the longer 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	at 180°C/355°F/Gas 4
Brisket (Slow Pot Roast)	45-55 minutes per 450g/lb	at 160°C/330°F/Gas 3

Lamb (the skin is perfect for rubbing with a blend of salt, pepper & 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	at 200°C/390°F/Gas 6
Leg (boneless)	20-25 minutes per 450g/lb	at 200°C/390°F/Gas 6
Carvery	20-25 minutes per 450g/lb	at 190°C/355°F/Gas 5

Pork (to crackle: ensure skin is fully dry then sprinkle with salt)

Loin	25-30 minutes per 450g/lb	at 170°C/340°F/Gas 4
Leg	20-25 minutes per 450g/lb	at 200°C/390°F/Gas 6
Gammon (do not soak)	20-25 minutes per 450g/lb	at 200°C/390°F/Gas 6

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

Turkey Breast	25-30 minutes per 450g/lb	at 170°C/340°F/Gas 4
Chicken	20-25 minutes per 450g/lb	at 190°C/355°F/Gas 5
Duck (1.8kg/4 lb)	Sear then prick skin on breasts,	1□ hrs at 160°C
3 Bird Roast	Sear then allow up to 3 hrs	at 170°C/340°F/Gas 4

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

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

The Roasting Rules...

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 your meat is ready is with a probe thermometer, ask a butcher 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.

