

# Guide to ROASTING MEAT

To help you get your roast meat spot on every time, I've created a chart that covers all the big hitters, including turkey, duck, goose, chicken, beef, pork and, last but not least, lamb.

Before you start, there are a few extra things to take into consideration. First and foremost, buy the best-quality meat you can afford – remember, it's better to trade up on the welfare front and choose a slightly smaller bird or piece of meat than to opt for poor quality. Buy from a butcher if you've got one locally, and don't be afraid to ask them where their meat comes from and the standards and welfare the animals were raised in – if you don't get the answers you're looking for, vote with your feet and try somewhere else.

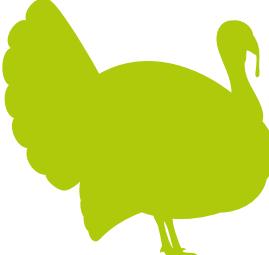
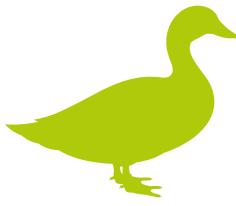
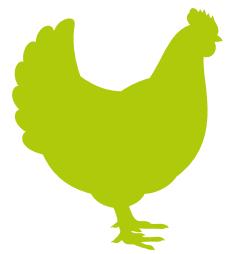
Another key thing to remember is to take your meat out of the fridge an hour or two before you want to cook it (depending on its size) so that it can come up to room temperature – this way, it'll cook more evenly. All the timings I've shared on the following pages are based on cooking your meat from room temperature.

The resting stage is similarly important and should never be skipped. This is what will give you super-tender, juicy meat, so I've suggested timings for each type of meat, too.

It's good to bear in mind that all ovens will vary slightly and they're not always the temperature that they say they are! A lot of you will be used to the quirks of your own oven, but if you want to be doubly sure you're cooking at the right temperature, get yourself an oven thermometer and adjust the heat accordingly.

And, of course, although I've given you timings to work from, you'll need to rely on your instincts, too. From the height, width and type of pan you use, to whether it's covered or uncovered, down to things like adding a splash of stock, booze or a veg trivet, or if you cook more than one thing in your oven at once, can all mean you'll need to make slight adjustments. That's why I've included extra notes, so you'll know what to aim for.



MEAT	CUT	WEIGHT	TEMPERATURE	COOK TIME	REST TIME	EXTRA INFO.
 TURKEY	WHOLE	4-5KG 5-6KG 6-7KG 7-8KG 8-9KG 9-10KG	180°C/350°F/GAS 4	2 HOURS 15 MINUTES TO 2 HOURS 30 MINUTES 2 HOURS 30 MINUTES TO 3 HOURS 3 HOURS TO 3 HOURS 30 MINUTES 3 HOURS 30 MINUTES TO 4 HOURS 4 HOURS TO 4 HOURS 15 MINUTES 4 HOURS 15 MINUTES TO 4 HOURS 30 MINUTES	1 HOUR 30 MINUTES 2 HOURS	To check it's cooked, the simplest way is to stick a knife into the thickest part of the thigh – if the juices run clear, it's done (you want to reach an internal temperature of 65°C for a top-quality bird, such as Paul Kelly's turkeys, or 70°C for a supermarket higher-welfare or standard bird)
 DUCK	WHOLE	2-3KG	180°C/350°F/GAS 4	2 HOURS	30 MINUTES	This is a slow-roast method – the meat will be soft and tender, but not pink
 GOOSE	WHOLE	4-5KG	180°C/350°F/GAS 4	3 HOURS 30 MINUTES	30 MINUTES	This is a slow-roast method – the meat will be soft and tender, but not pink (you'll know it's ready when the leg meat falls easily off the bone)
 CHICKEN	WHOLE	1-1.5KG 1.5-2KG 2-3KG	180°C/350°F/GAS 4	1 HOUR 15 MINUTES TO 1 HOUR 30 MINUTES 1 HOUR 30 MINUTES TO 2 HOURS 2 HOURS TO 2 HOURS 30 MINUTES	30 MINUTES	To check it's cooked, the simplest way is to stick a knife into the thickest part of the thigh – if the juices run clear, it's done (you can also pinch the thigh meat – if it comes away easily from the bone, you're good to go)

MEAT	CUT	WEIGHT	TEMPERATURE	COOK TIME	REST TIME	EXTRA INFO.
BEEF	FORERIB, FRENCH TRIMMED (and without chine bone or cap meat)	2-bone	2-3KG	180°C/350°F/GAS 4	1 HOUR 30 MINUTES	ADD 20 MINUTES
		3-bone	3-4KG		2 HOURS	ADD 30 MINUTES
		4-bone	4-5KG		2 HOURS 15 MINUTES	ADD 40 MINUTES
		5-bone	5-6KG		2 HOURS 30 MINUTES	ADD 45 MINUTES
		1-1.5KG	Full whack 240°C/475°F/GAS 9 then 180°C/350°F/GAS 4	15 MINUTES at full whack, then reduce the temperature for 1 HOUR 15 MINUTES to 1 HOUR 30 MINUTES	AT LEAST 30 MINUTES	This will give you meat that ranges from well done at either end, to medium-well and medium-rare as you reach the centre. If you prefer your meat well done ...
	TOPSIDE	1.5-2.5KG		15 MINUTES at full whack, then reduce the temperature for 1 HOUR 30 MINUTES to 2 HOURS		ADD 15 MINUTES
		1.5-2.5KG				ADD 20 MINUTES
	LOIN, RIB BONE IN, SKIN ON (chine bone removed)	2-3KG		30 MINUTES at full whack, then reduce the temperature for 1 HOUR		
		3-4KG	Full whack 240°C/475°F/GAS 9 then 180°C/350°F/GAS 4	30 MINUTES at full whack, then reduce the temperature for 1 HOUR 30 MINUTES		
		4-5KG		30 MINUTES at full whack, then reduce the temperature for 1 HOUR 45 MINUTES		
PORK	BELLY	2-3KG	180°C/350°F/GAS 4	2 HOURS to 2 HOURS 30 MINUTES	30 MINUTES	
		3-4KG				
	SHOULDER, BONE IN	4-5KG	Full whack 240°C/475°F/GAS 9 then 170°C/325°F/GAS 3	30 MINUTES at full whack, then reduce the temperature for 2 HOURS 30 MINUTES		
		3-4KG				
		4-5KG		30 MINUTES at full whack, then reduce the temperature for 3 HOURS		
LAMB	SHOULDER, BONE IN	2KG	180°C/350°F/GAS 4	4 HOURS	30 MINUTES	This joint is best cooked low and slow, but don't worry, the wonderful fat inside will keep the meat super-juicy
		2KG				
	LEG	2KG	220°C/425°F/GAS 7	1 HOUR 15 MINUTES		
		2KG				
	RACK	5-BONE	180°C/350°F/GAS 4	25 MINUTES	10 MINUTES	This will give you blushing, juicy meat. If you prefer your lamb well done ...
		7-BONE		30 MINUTES		