

## ROASTING TIMETABLE

	Weight (Pounds)	Oven Temperature	Internal Meat Temperature	Cooking Time (Minutes per Pound)
<b>Beef</b>				
Rib (Ribs that measure 6 to 7 inches from chine bone to tip of rib)	6 to 8	300°-325° F	140° F (rare) 160° F (medium) 170° F (well)	23 to 25 27 to 30 32 to 35
	4 to 6	300°-325° F	140° F (rare) 160° F (medium) 170° F (well)	26 to 32 34 to 38 40 to 42
Rolled rib	5 to 7	300°-325° F	140° F (rare) 160° F (medium) 170° F (well)	32 38 48
Rib eye (Delmonico)	4 to 6	350° F	140° F (rare) 160° F (medium) 170° F (well)	18 to 20 20 to 22 22 to 24
Tenderloin, whole	4 to 6	425° F	140° F (rare)	45 to 60 (total)
Tenderloin, half	2 to 3	425° F	140° F (rare)	45 to 60 (total)
Boneless rolled rump	4 to 6	300°-325° F	150°-170° F	25 to 30
Tip	3½ to 4	300°-325° F	140°-170° F	35 to 40
	4 to 6	300°-325° F	140°-170° F	30 to 35
<b>Veal</b>				
Leg	5 to 8	300°-325° F	170° F	25 to 35
Loin	4 to 6	300°-325° F	170° F	30 to 35
Rib (rack)	3 to 5	300°-325° F	170° F	35 to 40
Boneless shoulder	4 to 6	300°-325° F	170° F	40 to 45
<b>Pork, Fresh</b>				
Loin				
Center	3 to 5	325°-350° F	170° F	30 to 35
Half	5 to 7	325°-350° F	170° F	35 to 40
Blade loin or sirloin	3 to 4	325°-350° F	170° F	40 to 45
Boneless double	3 to 5	325°-350° F	170° F	35 to 45
Arm picnic shoulder	5 to 8	325°-350° F	170° F	30 to 35
Boneless	3 to 5	325°-350° F	170° F	35 to 40
Cushion	3 to 5	325°-350° F	170° F	30 to 35
Blade Boston shoulder	4 to 6	325°-350° F	170° F	40 to 45
Leg (fresh ham)				
Whole (bone in)	12 to 16	325°-350° F	170° F	22 to 26
Whole (boneless)	10 to 14	325°-350° F	170° F	24 to 28
Half (bone in)	5 to 8	325°-350° F	170° F	35 to 40
Spareribs		325°-350° F	Well done	1½ to 2½ hrs (total)
<b>Pork, Smoked</b>				
Ham (cook-before-eating)				
Whole	10 to 14	300°-325° F	160° F	18 to 20
Half	5 to 7	300°-325° F	160° F	22 to 25
Shank or rump portion	3 to 4	300°-325° F	160° F	35 to 40
Ham (fully cooked)	10 to 14	325° F	140° F	15
Half	5 to 7	325° F	140° F	18 to 24
Arm picnic shoulder	5 to 8	300°-325° F	170° F	35
Shoulder roll	2 to 3	300°-325° F	170° F	35 to 40
Canadian-style bacon	2 to 4	325° F	160° F	35 to 40
<b>Lamb</b>				
Leg	5 to 8	300°-325° F	175°-180° F	30 to 35
Shoulder	4 to 6	300°-325° F	175°-180° F	30 to 35
Boneless	3 to 5	300°-325° F	175°-180° F	40 to 45
Cushion	3 to 5	300°-325° F	175°-180° F	30 to 35
Rib	1½ to 3	375° F	170°-180° F	35 to 45
<b>Turkey</b>				
	6	325° F	180°-185° F	3 hours
	8	325° F	180°-185° F	3½ hours*
	12	325° F	180°-185° F	4½ hours*
	16	325° F	180°-185° F	5½ hours*
	20	325° F	180°-185° F	6½ hours*
*Unstuffed turkeys require about ½ hour less roasting time.				
	Weight (Pounds)	Oven Temperature	Time per pound (Without Stuffing)	Cooking Time*
<b>Chicken</b>				
	1½	400° F	40 min	1 hour
	2	400° F	35 min	1 hr 10 min
	2½	375° F	30 min	1 hr 15 min
	3	375° F	30 min	1 hr 30 min
	3½	375° F	30 min	1 hr 45 min
	4	375° F	30 min	2 hours
	4½	375° F	30 min	2 hrs 15 min
	5	375° F	30 min	2 hrs 30 min
*Increase roasting time by 15 minutes when chicken is stuffed.				

## MUSHROOM-STUFFED MEAT LOAF

This is no plain-and-ordinary meat loaf; stuffed with seasoned chopped mushrooms, it is special enough for a company meal.

- 2 tablespoons butter or margarine
- ¾ pound mushrooms, chopped
- 1 medium onion, finely chopped
- 1 teaspoon lemon juice
- 2 cups soft bread crumbs
- ½ teaspoon garlic salt
- ¼ teaspoon dried thyme
- ¼ cup chopped parsley
- 2 eggs
- ¼ cup catsup
- 2 teaspoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1½ teaspoons salt
- 2 pounds ground beef

1. Preheat oven to 350° F. Heat butter in a large frying pan. Cook chopped mushrooms with onion until lightly browned. Remove from heat and lightly mix in lemon juice, then ½ cup of the bread crumbs, garlic salt, thyme, and parsley.

2. Beat eggs with catsup, mustard, Worcestershire sauce, and salt. Lightly mix in remaining bread crumbs and the ground beef.

3. Pat half the ground beef mixture into a 9- by 5-inch loaf pan. Cover with mushroom stuffing. Top with remaining meat mixture. Bake uncovered until browned (about 1 hour and 15 minutes). Let stand for a few minutes. Remove from pan to slice.  
*Serves 6 to 8.*