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HOW TO COOK THE PERFECT ROAST

Want to cook your roast perfectly?

Start by purchasing a premium quality roast from The Meat Market and follow these guidelines for roast satisfaction:

COOKING INSTRUCTIONS

Preheat oven to recommended temperature (see table below).

Place roast on a rack in a roasting tray.

Follow suggested cooking times (see table below).

Periodically check internal temp using meat thermometer (push probe into thickest part of the meat, approx 60mm, but not touching the bone).

Remove from oven and loosely cover with foil when cooked.

Rest in warm place 10-20 mins for large roasts or 5-10 for small roasts, such as lamb racks and mini roasts, before carving.

All figures based on 500g	Oven Temp	RARE	MEDIUM	WELL DONE
INTERNAL MEAT TEMP		60°C	65°C-70°C	75°C
BEEF				
Rib Eye/Scotch Fillet, Rump, Sirloin, Fillet, Topside	200°C	15-20min	20-25min	25-30min
Silverside, Blade, Round	160°C	20-25min	25-30min	30-35min
LAMB				
Leg, Shoulder, Easy Carve, Boned & Rolled Loin	180°C	20-25min	25-30min	30-35min
Mini Roast, Eye of shortloin	220°C	30-35min	35-40min	40-45min
Rack	200°C	30-35min	35-40min	40-45min