



How To Cook Your Holiday Meats

1590 Mineral Spring Avenue, North Providence, RI 02904
i (401) 353ñ1924

Semi-Boneless & Boneless Rib Roast

SERVING: Semi-Boneless 1 rib per 2 people, Boneless æ lb per person

COOKING: Ask for it rubbed with our own special blend, or season with salt, pepper & garlic to taste. Preheat oven to 325 degrees. Place roast in a roasting pan uncovered and roast until desired internal temp is reached. Remove the roast from oven and allow it 15-20 minutes covered before slicing. The internal temp may raise 5-10 degrees during this time. Allow for this increase in temp when determining your finished cooked temperature.

INTERNAL TEMPERATURES & COOKING TIMES

Semi-Boneless Roast

2 rib to 3 rib roast: 1 - 2 ° hours

4 rib to 5 rib roast: 2 - 2 æ hours

7 rib roast: 3 ñ 3 hours

Medium rare to medium internal temp 125-135 degrees. Medium to medium well internal temp 140-155 degrees. For best results use a meat thermometer.

Boneless Roast

3 lb to 5 lb roast: 1 ° - 1 hours

5 lb to 7 lb roast: 1 - 2 hours

7 lb to 12 lb roast: 2 ° - 2 hours

Medium rare to medium internal temp 125-135 degrees. Medium to medium well internal temp 140-155 degrees. For best results use a meat thermometer.

Beef Tenderloin Roast

SERVING: Whole 5-6 lb will feed 6-8 people

COOKING: Ask for it rubbed with our own special blend, or season with salt, pepper & garlic to taste. Preheat oven to 400 degrees. Place roast in a roasting pan uncovered and roast for approximately 50 minutes, or until meat thermometer reads 135 degrees internal temp for medium. Remove the roast from oven and allow it 15-20 minutes covered before slicing. The internal temp may raise 5-10 degrees during this time. Allow for this increase in temp when determining your finished cooked temperature. If you wish a more thoroughly cooked roast, cook a bit longer.

Crown Roast of Pork

SERVING: 2 ribs per person, available in ribs of 12,14,16,18,20,22,24

COOKING: Sprinkle pork roast with salt & pepper to taste. If desired, cover exposed ribs to prevent over-browning during cooking. Also if stuffed cover stuffing to keep moist. Place roast in a roasting pan uncovered. Cook a 10-12 rib roast for approx. 2 æ hours, and a 14-16 rib roast for approx. 3 hours, or until internal temperature has reached 155 degrees. Dress ribs with paper booties and place roast on platter and let stand for 15 minutes before carving. To carve slice between ribs.

Roast Turkey

SERVING: Fresh is always best, 1 lb per person

COOKING: If it is frozen, thaw in unopened wrapper on a tray in the refrigerator. Allow one day of thawing for every 4 lbs of turkey. You can also thaw the turkey in it's wrapper in cold water, changing the water every 30 minutes, allow 30 minutes per 1 lb of turkey. Wash turkey in cold water and remove the neck and gizzards. If desired you can stuff the turkey then place it in a roasting pan uncovered. Preheat oven to 325 degrees.

INTERNAL TEMPERATURES & COOKING TIMES

Unstuffed Turkey

10 lb ñ 18 lb turkey: 3 ñ 3 ½ hours

18 lb ñ 22 lb turkey: 3 ½ - 4 hours

22 lb ñ 24 lb turkey: 4 ñ 4 ½ hours

24 lb ñ 30 lb turkey: 4 ½ - 5 hours

The turkey is done when the meat thermometer reads 165 degrees in the breast and 180 degrees in the thigh.

Stuffed Turkey

10 lb ñ 18 lb turkey: 3 ½ - 4 ½ hours

18 lb ñ 22 lb turkey: 4 ½ - 5 ½ hours

22 lb ñ 24 lb turkey: 5 ñ 5 ½ hours

24 lb ñ 30 lb turkey: 5 ½ - 6 ½ hours

The turkey is done when the meat thermometer reads 165 degrees in the breast and 180 degrees in the thigh.

Roast Leg of Lamb

SERVING: 1 lb per person

COOKING: Cut small slits in leg and stuff with fresh garlic, then rub with olive oil, season with salt pepper, allspice and fresh mint. Place leg uncovered in roasting pan. Preheat oven to 350 degrees. Roast leg for approx. 2 ñ 2 ½ hours or until the internal temp of the leg is 135 degrees for medium. Remove from oven and let sit 15 ñ 20 minutes before carving. Mint Jelly is a favorite condiment served with roast leg of lamb.

Boneless Veal Leg Roast

SERVING: 1 lb ñ 1 ½ lb per person

COOKING: Ask for this roast stuffed with Italian cold cuts for a traditional holiday favorite. Sprinkle veal roast with salt, pepper & garlic to taste. For a plain roast season generously to enhance the flavor of the meat. Place veal roast on a rack in a shallow baking pan uncovered. Preheat oven to 350 degrees. Cook a 3 lb ñ 4 lb roast for approx. 1 hour 15 minutes. Cook a 5 lb ñ 6 lb roast for 1 ½ - 2 hours. The veal roast is done when the internal temperature reaches 140 degrees in the center. Cover the roast with foil and let sit 15 ñ 20 minutes before carving.