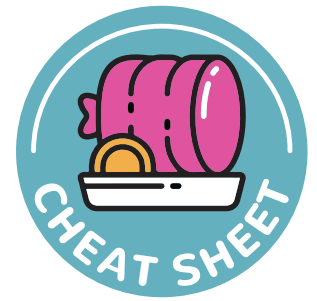


Roast Cooking



CUT	OVEN TEMP.	WEIGHT		COOKING TIME	INTERNAL TEMP.
Petite Tender Roast	425°F	8 to 12 oz.	Medium Rare	20-25 min	135°F
			Medium	25-30 min	150°F
Ribeye Roast (boneless, small end)	350°F	3 to 4 lb.	Medium Rare	1-1/2 to 1-3/4 h	135°F
		4 to 6 lb.	Medium	1-3/4 to 2 h	145°F
			Medium Rare	1-3/4 to 2 h	135°F
		6 to 8 lb.	Medium	2 to 2-1/4 h	145°F
Medium Rare	2 to 2-1/4 h	135°F			
Ribeye Roast (boneless, large end)	350°F	3 to 4 lb.	Medium Rare	1-1/2 to 2 h	135°F
		4 to 6 lb.	Medium	2 to 2-1/4 h	145°F
			Medium Rare	2 to 2-1/4 h	135°F
		6 to 8 lb.	Medium	2-1/4 to 2-1/2 h	145°F
Medium Rare	2-1/4 to 2-1/2 h	135°F			
Ribeye Roast (bone-in)	350°F	4 to 6 lb. (2 ribs)	Medium Rare	1-3/4 to 2-1/4 h	135°F
		6 to 8 lb. (2-4 ribs)	Medium	2-1/4 to 2-3/4 h	145°F
			Medium Rare	2-1/4 to 2-1/2 h	135°F
		8 to 10 lb. (4-5 ribs)	Medium	2-1/2 to 3 h	145°F
Medium Rare	2-1/2 to 3 h	135°F			
Tenderloin Roast (trimmed)	425°F	2 to 3 lb. (center cut)	Medium Rare	35-45 min	135°F
		4 to 5 lb. (whole)	Medium	45-50 min	145°F
			Medium Rare	45-55 min	135°F
		Medium	55-65 min	145°F	
Strip Roast (boneless)	325°F	3 to 4 lb.	Medium Rare	1-1/4 to 1-1/2 h	135°F
		4 to 6 lb.	Medium	1-1/2 to 1-3/4 h	145°F
			Medium Rare	1-1/2 to 1-3/4 h	135°F
		6 to 8 lb.	Medium	1-3/4 to 2 h	145°F
Medium Rare	1-3/4 to 2 h	135°F			
Tri-Tip Roast	425°F	1-1/2 to 2 lb.	Medium Rare	30-40 min	135°F
		2 to 3 lb.	Medium	40-50 min	150°F
			Medium Rare	40-50 min	135°F
		Medium	50-60 min	150°F	
Sirloin Tip Roast	325°F	3 to 4 lb.	Medium Rare	1-3/4 to 2 h	135°F
		4 to 6 lb.	Medium	2 to 2-1/4 h	150°F
			Medium Rare	2 to 2-1/4 h	135°F
		6 to 8 lb.	Medium	2-1/4 to 2-3/4 h	150°F
Medium Rare	2-1/4 to 2-3/4 h	135°F			
Medium	2-3/4 to 3-1/4 h	150°F			
Sirloin Tip Center Roast	325°F	2 to 2-1/2 lb.	Medium Rare	1-1/4 to 1-1/2 h	135°F
Rump Roast	325°F	3 to 4 lb.	Medium Rare	1-1/4 to 1-3/4 h	135°F
Bottom Round Roast	325°F	3 to 4 lb.	Medium Rare	1-1/4 to 1-3/4 h	135°F
Eye Of Round Roast	325°F	2 to 3 lb.	Medium Rare	1-1/4 to 1-1/2 h	135°F