



Nino's Roasting Tips

No doubt about it, holiday time is usually ROASTING time. For example, of the 71 million fresh whole turkeys eaten in one year, 58 million (or 82 percent) were served at Thanksgiving and Christmas. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast, others a ham and some will have the butcher arrange a crown roast of lamb. Whatever your choice, roasts are relatively simple to prepare, yet a dramatic central focal point to any holiday table. Evoking memories of the traditional, Dicken's English holiday table that we remember from such classics as "A Christmas Carol", the Roast Goose or Turkey can just as easily be substituted with a Standing Beef Rib Roast with Yorkshire Pudding, or any number of other less traditional roasts for a perfect centerpiece for your next family feast.

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately slow oven temperature of 325 °F should be used.

Initial preparations:

How much to buy?

Typically, you can plan for 1/2 pound uncooked roast per person. (That will give them 6 ounces cooked product). For 20 people, you would need a 10 pound roast. The USDA's food guide pyramid recommended serving sizes are 3 ounces cooked meat or 4 ounces uncooked. However, expect your guests to eat more than the average serving size at holiday meals.

Purchase and caring for your roasts

Leave a thin layer of fat on steaks and roasts during cooking to preserve juiciness. External fat not only contributes to a juicier piece of meat but also adds flavor. Internal fat (called marbling), is also important. Look for roasts to have small specks of white fat, evenly distributed throughout the meat. This fat melts into the meat while roasting and contributes to tenderness and flavor. Meats with little marbling will be drier, tougher and less flavorful. Trim excessive external fat after cooking. Also, pat beef steaks, cubes and pot roasts dry with paper toweling for better browning.

Marinades and Rubs and Seasonings (the Do's and Don'ts)

First, and most important, season your meat with salt after cooking whenever possible. Salt draws out moisture and inhibits browning. Marinades are seasoned liquid mixtures that add flavor and in some cases, tenderize. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar, or a natural tenderizing enzyme found in fresh papaya, ginger, pineapple and figs. Marinades are not essential to a tender and flavorful roast but can add an additional interesting flavor. Unlike marinades, a rub is a blend of dry seasonings, such as fresh or dried herbs and spices, applied to the surface of uncooked beef steaks, roasts or ground beef patties for flavor. Rubs use the natural, exterior, moisture of the meat to dissolve and transmit their flavor. Rubs, once applied, need

resting time to perform their seasoning magic. **Paste-type rubs** often contain some oil, crushed garlic or mustard. In the end, both marinades and rubs are optional, additional flavoring components and used primarily for their flavor.

What's Searing,

Searing is the technique of initial exterior browning of small and or very lean cuts of meat **before** roasting. Searing a roast first, improves color and flavor, particularly when using small, very lean beef or lamb cuts that need only short cooking. In addition, and perhaps most important, searing helps to seal the meats exterior shell and lock in the flavorful juices.

Roasting Pans & Equipment

When roasting or broiling place beef **on a rack** in the broiler or roasting pan to allow fat to drip away during cooking. Nonstick surfaces are easier to clean and they allow cooking with less fat. Aluminum and cast iron are reactive metals; they can affect the taste and color of dishes that contain acidic ingredients. When cooking acidic foods, use cookware with an interior surface that is non-reactive, such as anodized aluminum, stainless steel, and enamel or nonstick. **Thermometers** are an essential and almost fool proof method of checking for doneness. Choose an INSTANT READ thermometer with the smallest diameter probe needle you can find. Instant read thermometers read the temperatures much faster than their larger, bulkier cousins and leave a smaller puncture hole, and that's important. Puncture holes in meats are like faucets, draining essential juices out of the meat, and that's not good.

Cooking Temperature, and Time

One of the most common questions asked in the cooking world. What temperature and for how long? Unfortunately, it's also the most complicated question to answer as there are so many variables, among them; size of the roast, bone-in or boneless, initial temperature of the meat, how many other dishes/food might be in the same oven at the same time?, is the roast being stuffed? .. and even after all these questions are answered, is the oven's temperature accurately calibrated? One person's 325° F might be another's 360° F.

In the end, what you can count on is, perhaps, a **very general** time per pound, to know about when you should expect to check the internal temperature for your desired doneness. Then, know what that temperature is. **Below is a chart to help * Note – Temperatures listed exclude carry over cooking of about 5-7 degrees while resting.**

What's Carry Over Cooking?

Carry over cooking is the phenomenon of heat momentum. Whether in a microwave or conventional oven, food will continue to cook after it is removed. The cooking that takes place after the food is removed from the oven is called "carry-over cooking". Food should be removed from the oven, (undercooked by 5 to 10 degrees depending on the roast's density), and allowed to rest outside of the oven for 10 to 15 minutes. The temperatures on the following roasting chart are the temperatures that you are to remove the roasts from the oven at. Expect the meat's final temperature to rise by 5 to 10 degrees during the resting period and be ready to serve.

Resting time or "Let it be.."

Resting (or bench time), is an important last step in the roasting process. Resting the roast allows time for the "re-hydration" of the meat. While in the oven, the meat's juices have been driven, by heat, to the interior of the roast. Resting, allows those juices to be re-absorbed by the whole roast, resulting in a uniformly juicy and moist portion from edge to edge.

MEAT ROASTING CHART			
TYPE OF MEAT	OVEN °F	TIMING	INTERNAL TEMP °F
BEEF, FRESH			
Beef, rib roast, bone-in; 4-8 lbs.	325	23-30 Minutes/lb.	120-125 Rare
		27-38 Minutes/lb.	130-135 Medium-Rare 140-145 Medium 150-155 Medium-Well 160 and ↑ Well Done
Beef, rib roast, boneless, 4 lbs.	325	39-43 Minutes/lb.	145
Beef, eye round roast; 2-3 lbs.	325	20-22 Minutes/lb.	145
Beef, tenderloin roast, whole; 4-6 lbs.	425	45-60 Minutes total	145
Beef, tenderloin roast, half; 2-3 lbs.	425	35-45 Minutes total	145
LAMB			
Lamb, leg, bone-in; 5-9 lbs.	325	20-30 Minutes/lb.	120-125 Rare
Lamb, leg, boneless; 4-7 lbs.		30-35 Minutes/lb.	130-135 Medium-Rare 140-145 Medium 150-155 Medium-Well 160 and ↑ Well Done
Lamb, crown roast; 5 lbs.	325	30-35 Minutes/lb.	170

PORK, FRESH			
Pork, loin roast, bone-in; 3-5 lbs.	325	20-25 Minutes/lb.	120-125 Rare 130-135 Medium-Rare 140-145 Medium 150-155 Medium-Well 160 and ↑ Well Done 130 Medium-Rare
Pork, loin roast boneless; 2-4 lbs.	325	23-33 Minutes/lb.	160
Pork, crown roast; 6-10 lbs.	325	20-25 Minutes/lb.	160-170
Pork, tenderloin; ½ - 1 ½ lbs.	425	20-30 Minutes total	160
PORK, CURED			
Ham, cook-before-eating, bone-in; whole, 14-16 lbs.	325	18-20 Minutes/lb.	160
Ham, cook-before-eating, bone-in; half, 7-8 lbs.	325	22-25 Minutes/lb.	160
Ham, fully cooked, bone-in; whole, 14-16 lbs.	325	15-18 Minutes/lb.	140
Ham, fully cooked, bone-in; half, 7-8 lbs.	325	18-25 Minutes/lb.	140
Ham, fully cooked, boneless; 3-4 lbs.	325	27-33 Minutes/lb.	140
VEAL			
Veal, boneless roast, rump or shoulder; 2-3 lbs.	325	31-35 Minutes/lb. 34-40 Minutes/lb.	120-125 Rare 130-135 Medium-Rare 140-145 Medium

			150-155 Medium-Well 160 and ↑ Well Done
Veal, bone-in-roast, loin, 3-4 lbs.	325	34-36 Minutes/lb. 38-40 Minutes/lb.	120-125 Rare 130-135 Medium-Rare 140-145 Medium 150-155 Medium-Well 160 and ↑ Well Done
GAME			
Venison, round, rump, loin, or rib roast; 3-4 lbs.	325	20-25 Minutes/lb.	120-125 Rare 130-135 Medium-Rare 140-145 Medium 150-155 Medium-Well 160 and ↑ Well Done
Duck, wild, whole	350	18-20 Minutes/lb.	180
Goose, wild, whole	325	20-25 Minutes/lb.	180
Pheasant, young, whole; 2 lbs.	350	30 Minutes/lb.	180
Quail, whole	425	20 Minutes total	180
POULTRY: Times are for unstuffed poultry. Add 15-30 minutes for stuffed birds.			
Capon, whole; 4-8 lbs.	375	20-30 Minutes/lb.	180
Cornish hens, whole; 18-24 ounces	350	50-60 Minutes total	180
Duck, domestic, whole	375	20 Minutes/lb.	180