



The Butcher's Roasting Guide

	Rare	Medium	Well Done
Lamb Leg (bone-in)	Temp 200C Mins 15-18	Temp 200C Mins 18-22	Temp 200C Mins 25-28
	<i>Cook at given temperatures for first 10 minutes, then 160C for remainder of cooking time</i>		
Lamb Leg (boneless)	Temp 220C Mins 10-15	Temp 220C Mins 15-18	Temp 200C Mins 20-25
	<i>Cook at given temperatures for first 10 minutes, then 180C for remainder of cooking time</i>		
Lamb Loin (boneless)	Temp 220C Mins 12-15	Temp 220C Mins 15-20	Temp 200C Mins 20-55
	<i>Cook at given temperatures for first 10 minutes, then 180C for remainder of cooking time</i>		
Lamb Shoulder	Not applicable	Temp 200C Mins 18-20	Temp 200C Mins 10-25
Rack of Lamb (7-8 Cutlets)	Temp 220C Mins 15-17	Temp 200C Mins 17-20	Temp 200C Mins 20-25
Beef Fillet (Tenderloin)	Temp 220C Mins 12-15	Temp 220C Mins 15-20	Temp 220C Mins 20-25
	<i>Cook at given temperatures for first 10 minutes, then 200C for remainder of cooking time</i>		
Rib Fillet (Scotch Fillet)	Temp 200C Mins 12-15	Temp 200C Mins 15-20	Temp 200C Mins 20-25
Rump	Temp 200C Mins 12-15	Temp 200C Mins 15-20	Temp 200C Mins 25-30
Sirloin (Striploin)	Temp 220C Mins 12-15	Temp 220C Mins 15-20	Temp 200C Mins 25-30
Rib of Beef	Temp 220C Mins 12-15	Temp 220C Mins 15-20	Temp 200C Mins 30-35
	<i>Cook at given temperatures for first 10 minutes, then reduce by 20C for remainder of cooking time</i>		
Veal Leg	Temp 180C Mins 15-18	Temp 180C Mins 18-22	Not applicable
Veal Loin (boneless)	Temp 180C Mins 20-25	Temp 180C Mins 25-30	No applicable
Whole Chicken	Not applicable	Not applicable	Temp 200C Mins 15-20
Pork Leg with Crackling	No applicable	Temp 230C Mins 25-30	Temp 230C Mins 30-35
	<i>Cook at given temperatures for first 20 minutes, then 180C for remainder of cooking time</i>		
Pork Rack	No applicable	Temp 200C Mins 25-30	Temp 200C Mins 30-35
	<i>Cook at given temperatures for first 10 minutes, then 180C for remainder of cooking time</i>		
Pork Loin	Not applicable	Temp 170C Mins 30-32	Temp 170C Mins 32-35

The above time guidelines are approximate and per 500g.

A meat thermometer inserted into the thickest part of a roast will help you gauge when the meat is done to your liking. Use the following temperatures as a guide.

Medium Rare to Medium	55C – 60C
Medium to Medium Well	65C – 70C
Well Done	75C – 80C

