



4 Nassau Boulevard South
Garden City, New York 11530
Voice 516 505-3255
Fax 516 505-3226
www.primefinecatering.com
primechefs@optonline.net

General Meat Roasting Instructions

Whether it is a standing rib roast, filet mignon, leg of lamb or pork roast, these instructions serve as a general guideline for preparation.

1. Read and then reread these instructions.
2. Preheat oven to 450 degrees.
3. Choose a roasting pan that is large enough to hold the meat without overcrowding. Place a roasting rack or use a natural base of chopped vegetables such as onions, carrots and celery that will help flavor the meat.
4. Season all sides of the meat with salt and pepper. Don't be shy. The bigger the piece of meat, the more seasoning it will need. Meats **WITHOUT** a natural fat cover should be brushed with olive oil **BEFORE** seasoning.
5. Place meat in the 450 degree oven for approximately 15 minutes to sear the outside.
6. Reduce heat to 350 degrees and continue roasting until a thermometer inserted in the center of the roast registers the desired doneness, according to our temperature guide on next page.
7. Remove meat from oven and let rest, covered loosely with aluminum foil, anywhere from 25 minutes (average sized filet mignon) to 1 hour (full rib roast)
8. Slice and enjoy.

Good luck and have a great holiday!!!

Henry, Marc & Gio
Chefs/Owners
PRIME Fine Catering



4 Nassau Boulevard South
 Garden City, New York 11530
 Voice 516 505-3255
 Fax 516 505-3226
www.primefinecatering.com
primechefs@optonline.net

Meat Roasting Guide

	RARE Very Red Cool Center	MEDIUM RARE Red Warm Center	MEDIUM Pink Warm Center	MEDIUM WELL Slightly Pink Hot Center	WELL DONE Brown Hot Center
Beef	120 degrees	130 degrees	140 degrees	150 degrees	160 degrees
Lamb	120 degrees	130 degrees	140 degrees	150 degrees	160 degrees
Pork	not advisable	not advisable	140 degrees	145 degrees	150 degrees
Chicken/Turkey					160 degrees

REMEMBER, ALWAYS REST YOUR MEAT AFTER COOKING
 STEAKS, ROASTS or CHOPS ALL NEED TIME TO **RELAX!!!**
 ENJOY YOUR MEAL!!!