



## COOKING INSTRUCTIONS

	Oven	Grill
<b>Chicken Oreganto</b>	350 degrees for 30 minutes uncovered	
<b>Chicken Kabobs</b>	Preheat to 350 degrees, cook uncovered in the pan for 40-45 minutes	Medium High Heat 16-18 minutes, in the pan, 7-8 minutes directly on the grill, back in the pan for 2-3 minutes - keep turning them
<b>One Half Chicken in Lemon &amp; Basil</b>	Preheat to 350 degrees, cook uncovered in the pan for 40-45 minutes	Medium High Heat 10-12 minutes each side in the pan, 6-7 minutes on each side directly on the grill.
<b>Whole Chicken</b>	Preheat to 350 degrees, 3.5 lbs.- 1 hour and 20-25 minutes	
<b>Stuffed Chicken Breast</b>	350 degrees for 35 to 40 minutes uncovered	
<b>Boneless Turkey Breasts</b>	30 minutes per pound at 350°. Always use a meat thermometer to gauge doneness. Temperature must reach 165° in center of breast.	
<b>Turkey London Broil</b>	1.25-1.5 lbs:Preheat to 350 degrees, cook uncovered in the pan for 1 hour and 15 minutes. For less than 1lb:40-45 minutes. Temp with thermometer should be 165.	Medium High Heat 10 minutes each side in the pan, 7-8 minutes each side directly on the grill, back in the pan for 2-3 minutes to keep moist.
<b>Marinated BBQ Ribs</b>	Preheat to 350 degrees, cook covered in the pan for 1 1/2 hours, make a few holes on top of lid	Medium High Heat 1 hour and 20 minutes in the pan, covered, make a few holes on the lid, 5 minutes each side directly on the grill
<b>Sausage Kabobs</b>	Preheat to 350 degrees, cook uncovered in the pan for 35-40 minutes	Medium High Heat 14-16 minutes in the pan, 7-8 minutes directly on the grill, back in the pan for 2-3 minutes - keep turning them
<b>Stuffed Pork Chops</b>	350 degrees for 1 hour uncovered	
<b>Virginia Ham Sliced, Tied &amp; Glazed</b>	You can cook the ham in the aluminum tray you received it in. Add a ½ cup of water, tent with aluminum foil, bake @ 325°, for 15 minutes per pound. Last 15 minutes you can uncover and raise temperature to 425° and apply additional glaze if desired.	
<b>Pork Crown Roast</b>	6-10 pounds, 20 minutes per pound at 145°, let stand 5 minutes.	
<b>Boneless Pork Roast</b>	<p>Roasting a boneless pork loin slowly will guarantee moist, tender meat. There is often a thin layer of fat on one side of the roast. Do not trim off this fat. It will help to keep the meat nice and moist. Always position the pork roast in the pan so that the fat side is on the top.</p> <p>Use the Low and Slow Method. It will take approximately 20-30 minutes per pound to slow cook a boneless roast loin. You can sear in a pan, (recommended), or in the oven for the first 15 minutes at 450°. The hot temperature is going to give the roast a nice golden color. Then reduce the thermostat to 225° and cook until the roast reaches a target temperature of 138-140°. When you take the roast out of the oven at this point it will continue to cook for a while (that's called carry over) and after resting for 15 - 20 minutes it will reach the perfect temperature of 150 – 155°. Allow the roast to redistribute the juices within for a better result.</p> <p>If you are pressed for time use 300° and it will reach 140° in under 2 hours, but never use anything higher. High heat has its place, but with it comes evaporation and moisture loss. For roasts, it also makes the meat near the surface tough and unevenly cooked.</p>	
<b>Eye Round Roast</b>	Preheat to 325°, 20-22 minutes per pound, rare at 135°. Let stand 15-20 minutes, internal temperature 145° will be medium rare.	
<b>Tri Tip Roast</b>	Preheat to 425°, 15-20 minutes per pound, medium rare at 135°. Let stand 10-15 minutes, internal temperature 145° will be medium rare.	
<b>New York Strip (1" thick)</b>	Medium Rare: Grill 7 minutes per side or to 140°F internal temperature. Medium: Grill 10 minutes per side or to 155°F internal temperature	
<b>Porterhouse/T-Bone (1" thick)</b>	Rare: Grill 4 minutes per side or to 110-120°F internal temperature. Medium: Grill 6 minutes per side or to 130-140°F internal temperature	
<b>Steak Pinwheels</b>	medium high heat for 7 to 10 minutes. Flip to other side for another 7 to 10 minutes. Med. Rare 145°, Med. 160°, Well done 170°.	
<b>Butter Steak</b>	Preheat to 350 degrees, cook uncovered in the pan for 30-35 minutes	Medium High Heat 4-5 minutes each side in the pan, 3-4 minutes each side directly on the grill
<b>Silver Tip Roast</b>	Preheat to 350 degrees, cook uncovered in the pan for 20 minutes per pound or until Meat Thermometer reads 125-130 degrees for Medium Rare	
<b>Sirloin Kabobs</b>	Preheat to 350 degrees, cook uncovered in the pan for 30-35 minutes	Medium High Heat 12-14 minutes in the pan, 6-8 minutes directly on the grill, back in the pan for 2-3 minutes - keep turning them
<b>Sirloin London Broil</b>	Preheat to 350 degrees, cook uncovered in the pan for 35-40 minutes	Medium High Heat 7-8 minutes each side in the pan, 5-6 minutes each side directly on the grill
<b>Beef Tenderloin (Filet Mignon)</b>	Use temperature as your precise guide for doneness and remove the roast from the oven at 130°F for rare or 140°F for medium. Let the whole filet mignon rest for 10 to 15 minutes and the temperature will rise to the appropriate heat. Carve your whole filet mignon too soon and it will be more difficult to cut and lose a lot of the natural juices For Medium Rare: 350 degrees- 3.5-4.5 lbs: 40-45 minutes, 4.5-5.5 lbs: 45-50 minutes, 5.5 lbs and up: 50-55 minutes	
<b>Prime Rib Roast</b>	Place roast in foil lined roasting pan to make clean up easier. Put roast in oven with bones facing the back of the oven. Roast for 15 minutes at 450°. After those 15 minutes, lower oven temperature to 350°. Continue cooking roast for 15 minutes a pound, including the initial 15 minutes at 450°. Cook until rib roast reaches an internal temperature of 120° Remove from oven, cover loosely with aluminum foil, and let sit approximately 20 minutes. The roast will continue to cook as it sits. Serve when the internal temperature reaches 130°.	
<b>Temperature Table</b>	Internal Temperature: For Rare Beef - 120 degrees / Medium Rare - Between 125-130 degrees / Medium - 135-140 degrees	