

COOKING GUIDELINES FOR LOW TEMPERATURE ROASTING

	Slow cooking phase				High heat cooking phase		
	Approx Weight	Oven Temp	Approx Slow Cook Time	Core Temp	Oven Temp	Approx High Heat Cook Time	Final Core Temperature
Beef Filet Roast	3 lbs	200°F	80 mins	120°F	425°F	10 mins	130 - 135 °F
Beef Filet Roast	2 lbs	200°F	60 mins	120°F	425°F	10 mins	130 - 135 °F
Beef Rib Roast	15 lbs	200°F	5 hours	120°F	425°F	12 - 15 mins	130 - 135 °F
Beef Rib Roast	7 lbs	200°F	2.5 hours	120°F	425°F	10 - 12 mins	130 - 135 °F
Beef Sirloin Steak 1 1/2"	1 lb	200°F	25 - 30 mins	120°F	425°F	5 mins	130 - 135 °F
Chicken Pieces	2 - 3 lbs	200°F	35 - 45 mins	160°F	425°F	6 - 8 mins	165 - 170 °F
Chicken Sausages, Fresh	1 - 2 lbs	200°F	20 - 25 mins	160°F	425°F	6 - 8 mins	165 - 170 °F
Lamb, Boneless Leg	5 - 8 lbs	200°F	1.5 hours	130°F	425°F	12 - 15 mins	135 - 140 °F
Lamb Loin Chops 1 1/2"	-	200°F	15 mins	130°F	425°F	5 mins	135 - 140 °F
Pork Loin Roast	3 lbs	250°F	1 hour	130°F	325°F	45 mins	140 - 145°F
Pork Tenderloin	1 lb	200°F	20 - 25 mins	130°F	375°F	6 - 8 mins	140 - 145°F
Turkey Breast Bone-In	4 - 6lbs	200°F	60 - 75 mins	160°F	425°F	12 - 15 mins	165 - 170 °F
Turkey Legs, Thighs	-	200°F	40 - 50 mins	160°F	425°F	12 - 15 mins	165 - 170 °F

Meats that are slow roasted can be finished in a hot oven as shown above. The high heat finish can also be done on the Grill, Teppan Yaki or in a hot pan on the cooktop.

For fish, thicker cuts of fish are best seared first then slow roasted at 200°F for 10 - 12 minutes.