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PREMIUM OVEN ROAST

- Heat oven to 425°F. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer in thickest part of roast. Do not add water or cover.
- Roast according to chart. Remove when meat thermometer registers 145°F for medium rare, 150°F for medium. Let the roast stand for 15 minutes. (Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)



BEEF CUT	WEIGHT	TOTAL COOKING TIME
Tenderloin Roasts	2 to 3 pounds (center cut)	Medium rare: 35 to 40 minutes Medium: 45 to 50 minutes
	4 to 5 pounds (whole)	Medium rare: 50 to 60 minutes Medium: 60 to 70 minutes

STANDING RIB ROAST

- Heat oven to 350°F. Place roast, fat side up, shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part, not resting in fat or touching bone. Do not add water or cover.
- Roast according to chart. Remove when meat thermometer registers 135°F for medium rare, 145°F for medium. Let the roast stand for 15 minutes. Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)



BEEF CUT	WEIGHT	TOTAL COOKING TIME
Standing Rib Roast, chine bone removed	4 to 6 pounds (2 ribs)	Medium rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours
	6 to 8 pounds (2 to 4 ribs)	Medium rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours
	8 to 10 pounds (4 to 5 ribs)	Medium rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours

RIB EYE ROAST & TOP SIRLOIN

- Heat oven to 350°F. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer in thickest part of roast, not resting in fat. Do not add water or cover.
- Roast according to chart. Remove when meat thermometer registers 135°F for medium rare, 145°F for medium. Let the roast stand for 15 minutes. Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)



BEEF CUT	WEIGHT	TOTAL COOKING TIME
Ribeye Roast, small end	3 to 4 pounds	Medium rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours
	4 to 6 pounds	Medium rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours
	6 to 8 pounds	Medium rare: 2 to 2-1/4 hours Medium: 2-1/2 to 2-3/4 hours
Ribeye Roast, large end	3 to 4 pounds	Medium rare: 1-3/4 to 2-1/4 hours Medium: 2 to 2-1/2 hours
	4 to 6 pounds	Medium rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours
	6 to 8 pounds	Medium rare: 2-1/4 to 2-1/2 hours Medium: 2-1/2 to 3 hours

OVEN ROAST

- Heat oven to temperature on chart. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of roast. Do not add water or cover
- Roast according to chart. Remove when meat thermometer registers 135°F to 140°F for medium rare, 150°F to 155°F for medium. Let the roast stand for 15 minutes. Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)



BEEF CUT	OVEN TEMP	WEIGHT	TOTAL COOKING TIME
Tri-Tip Roast	425°F	1-1/2 to 2 pounds	Medium rare: 30 to 40 minutes Medium: 45 to 50 minutes
Eye Round Roast	325°F	2 to 3 pounds	Medium rare: 1-1/2 to 1-3/4 hours
<i>Recommend cooking to medium rare (145°F) doneness only.</i>			
Round Tip	325°F	3 to 4 pounds	Medium rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours
		4 to 6 pounds	Medium rare: 2 to 2-1/2 hours Medium: 2 1/2 to 3 hours
		6 to 8 pounds	Medium rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours

POT ROAST

- Slowly brown beef in oil in heavy pan. Drain. Season, as desired.
- Add small amount of liquid. Cover tightly; simmer gently over low heat on stovetop or in oven per chart or until fork-tender.



BEEF CUT	WEIGHT	TOTAL COOKING TIME
Chuck Pot Roast	2-1/2 to 4 pounds	2 to 3 hours
Brisket, fresh	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours
Brisket, corned	2-1/2 to 3-1/2 pounds 3-1/2 to 5 pounds	2-1/2 to 3-1/2 hours 3-1/2 to 4-1/2 hours

HOW TO DETERMINE WHEN ITS DONE.

- For roasts, use either an ovenproof of instant-read meat thermometer. An ovenproof meat thermometer is inserted prior to roasting and left in for the entire time. An instant-read thermometer is not ovenproof, use it toward the end of the recommended cooking time. Insert long enough to get a temperature reading, about 10 to 15 seconds, then remove it.
- Roast should be removed from the oven when the thermometer registers 50°F to 100°F below the desired doneness and allowed to stand for at least 15 minutes. The temperature will continue to rise and reach the desired doneness. Determine the doneness of steaks by making a small slit near the bone and checking for color. For boneless steaks, make a slit near the center.
- For steaks thicker than 1-1/2 inches, use an instant-read thermometer to accurate gauge doneness.
- Beef cooked by moist heat methods, such as braising and stewing, should be fork-tender. Meats cooked by this method are always well done.