

Cooking Meat in the Oven

Cooking Meat in the oven is generally associated with roasting, and if you are looking for a special roast for the family but thought you wouldn't have time to prepare it, then think again.

Suitable Cuts for Roasting

Beef

- Blade
- Eye Fillet
- Rump
- Rib Roast
- Porterhouse/Sirloin
- Fresh Silverside
- Topside

Lamb

- Breast
- Chump
- Forequarter
- Leg
- Mid Loin
- Rib Loin
- Rack
- Crown Roast
- Shank
- Shoulder

Veal

- Leg
- Loin
- Rack
- Shoulder
- Forequarter

Method

1. Preheat oven to 170°-180°C.
2. Trim meat of excess fat and weigh to calculate cooking time. Irrespective of weight, cook lamb rib loin, rack or crown roast for a total of 45–55 minutes at 200°C.
3. Place the meat on a rack in a roasting dish and insert a meat thermometer in the thickest part, away from fat or bone, as these can cause inaccurate temperature readings.
4. Cook for the calculated time, basting the meat occasionally with pan juices. Check the degree of cooking with the meat thermometer, referring to the table. When cooked, remove the meat to a serving platter.
5. Cover the meat with foil, and rest it in a warm place for 10–20 minutes, depending on its size, before carving it. Resting time allows the juices to settle for easier carving.

Degree of Cooking	Minutes Per 500g	Internal Temperature
Rare	20-25	60°C
Medium	25-30	70°C
Well Done	30-35	75°C

Brought to you by Peninsula Bulk Meats

Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.