

COOKING GUIDE

DETERMINING MEAT DONENESS

It is recommended that you use a meat thermometer to determine doneness when cooking meat and poultry. Insert the thermometer into the center of the thickest portion of the meat. Cook until temperature for desired doneness is reached.

MEAT	RARE	MEDIUM	WELL DONE
BEEF	140° F	160° F	170° F
PORK	*	160° F	170° F
LAMB	140° F	160° F	170° F
SMOKED HAM Cook before eating Fully cooked	*		160° F 140° F
POULTRY Roasting Chicken Turkey	*		180° F 180° F

*Rare pork, ham or poultry is not recommended.

ROASTING MEATS AND POULTRY

Tender cuts of meat are best suited for roasting. The time guide below is for use with tender cuts such as from the sirloin area. Less tender cuts of meat should be slow cooked in liquid. Times indicated below are approximate and should be used as a guideline only.

MEAT	WEIGHT (LBS.)	TEMP.	MIN./LB.
BEEF ROASTS			
Standing Rib	4 - 6	325°F	17 to 21
Sirloin Tip	3 - 5	350°F	17 to 21
Tenderloin	3½ - 4	450°F	7 to 10
Pot Roast	4 - 6	300°F	26 to 34
Corned Beef	3½ - 4	300°F	15 to 17
LAMB			
Leg	5 - 8	350°F	20 to 22
Shoulder, boneless	3 - 4	350°F	20 to 22
PORK			
Loin Roast	3 - 5	350°F	21 to 26
Shoulder	4 - 6	350°F	30 to 34
Chops	4 - 5	325°F	15 to 17
Country-Style Ribs	8 - 10	450°F to brown and... ...then decrease temp. to 250°F	15 to 17
SMOKED HAM			
Bone-in	10 - 15	325°F	17 to 21
Boneless	8 - 12	325°F	15 to 17
Fully cooked	5 - 10	325°F	13 to 24
VEAL			
Loin	4 - 6	325°F	26 to 30
Shoulder	3 - 5	325°F	26 to 30
POULTRY			
Chicken, whole	3½ - 5	350°F	13 to 15
Chicken, whole	6 - 8	350°F	15 to 17
Chicken, pieces	6 - 8	350°F	7 to 9
Turkey, prebasted	10 - 14	375°F	12 to 15
Turkey, prebasted	14 - 22	375°F	13 to 15
Turkey, fresh	10 - 14	350°F	15 to 17

COOKING GUIDE (CONT.)

Slow Cooking

Slow cooking is best for less tender cuts of meat. Heat is gradual with slow cooking. It is not necessary to stir when slow cooking. Avoid removing the cover during slow cooking. Heat escapes during slow cooking and you may need to increase the cooking time. When using a standard recipe, slow cook 1½ hours for every 30 minutes. Slow cook using the 250°F setting.

Baking*

- Baking pans should always be placed on the Roasting Rack. Do not place pans on bottom of Cooking Pan.
- Metal pans are recommended for use in the roaster as they provide better heat transfer and browning.

CAUTION: Use hot pads or mitts when removing food from oven. Rack will be hot, allow to cool or remove with hot pads/mitts.

FOOD	TEMP. SETTING	BAKING TIME (MIN)
MUFFINS	425°F	15 to 20
QUICK BREAD	375°F	65 to 75
YEAST BREAD	400°F	40 to 45
YEAST ROLLS	400°F	18 to 20
COOKIES	350°F	8 to 13
BROWNIES	350°F	25 to 30
CUPCAKES	350°F	20 to 30
SHEET CAKE	350°F	40 to 45
POUND CAKE	350°F	50 to 60
BUNDT CAKE	350°F	50 to 60
CHEESECAKE	325°F	50 to 60
FRUIT PIE	425°F	45 to 50
CUSTARD PIE	350°F	50 to 60
PASTRY SHELL	425°F	10 to 13
PIZZA (9-inch)	425°F	20 to 25
BAKED POTATOES	350° to 400°F	50 to 60
SWEET POTATOES	350° to 400°F	55 to 65
SCALLOPED POTATOES	350°F	75 to 90
WINTER SQUASH	400°F	45 to 60
BAKED APPLES	350°F	35 to 45