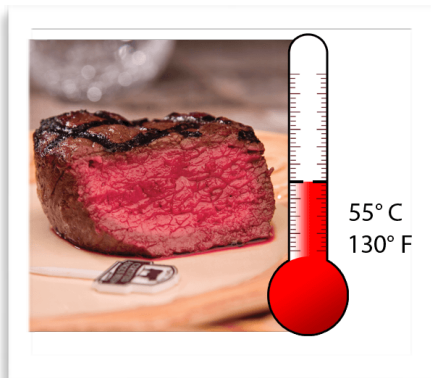


Cooking Beef or Lamb Roasts

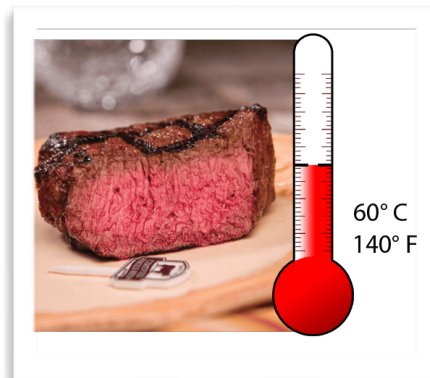
After your roast has reached room temperature. Roast for 35 mins in a very hot oven with the thermometer in place so the tip is in the center of the roast, not touching bone or resting in fat. Remove the meat from the oven when the thermometer registers 5-10° F lower than the desired doneness, as the temperature will rise after it comes out of the oven. Cover and keep warm to let the external heat migrate to the centre for about half an hour. If you have a guest who would like their beef to be brown not pink serve their slices on a hot plate with hot gravy and it will magically become well done.



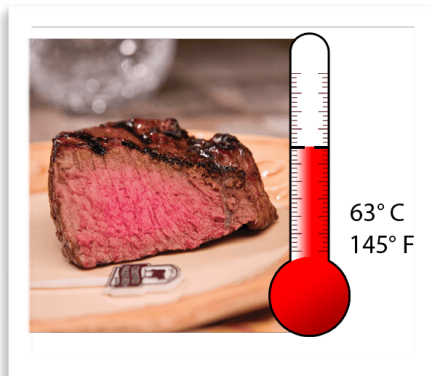
Very Rare



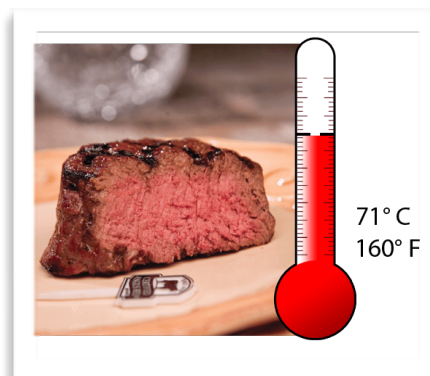
Rare



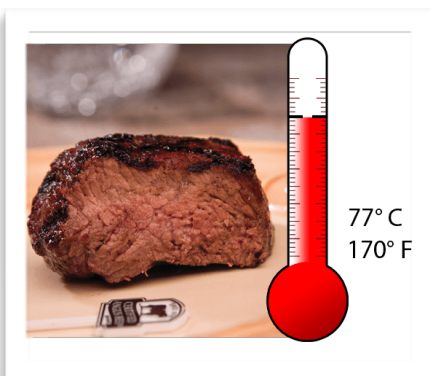
Medium Rare.



Medium



Well done.



Very well done

