

Roasts – Easy to Make for the Holidays and Any Other Time, Too!

Sit-down dinners and special occasions aren't only about turkey! There are many other types of roasts that become the stars of the dinner table. Use these guidelines to "make the most of your roast"...safely.



USDA Food Safety and Inspection Service

Cooking Your Roast

Roasting is the recommended method for cooking tender meats.

To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect, dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, an oven temperature of 325°F should be used.

- Boned and rolled meat require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat. Rolled, tenderized or scored cuts of meat should be cooked to 160°F.
- USDA does not recommend cooking meat and poultry at oven temperatures lower than 325°F. This can cause food to remain in the "Danger Zone" (temperatures 40–140°F) too long, allowing bacteria to multiply rapidly.

Watch Temperatures Closely

Fat content (or a lack of it) affects the cooking times of a variety of meats — so keep a close eye on your roast to avoid overcooking, and use a food thermometer. Remember — regardless of the size of the roast, it still must be cooked to a safe internal temperature.

Use a food thermometer to assure a safe temperature!

Source: Adapted from "Kitchen Companion: Your Safe Food Handbook," USDA Food Safety and Inspection Service at http://www.fsis.usda.gov/PDF/Kitchen_Companion.pdf



Roasting Chart

Meat	Oven Temperature	Timing (Approximate)	Safe Minimum Internal Temperature
BEEF, FRESH			
rib roast, bone in — 4 to 6 pounds	325°F	23 to 25 minutes per lb.	145°F
rib roast, boneless, rolled — 4 to 6 pounds	325°F	28 to 33 minutes per lb.	145°F
round or rump roast — 2½ to 4 pounds	325°F	30 to 35 minutes per lb.	145°F
tenderloin, whole — 4 to 6 pounds	425°F	45 to 60 minutes total	145°F
LAMB, FRESH			
leg, bone in — 5 to 7 pounds	325°F	20 to 25 minutes per lb.	145°F
leg, bone in — 7 to 9 pounds	325°F	15 to 20 minutes per lb.	145°F
leg, boneless, rolled — 4 to 7 pounds	325°F	25 to 30 minutes per lb.	145°F
VEAL, FRESH			
shoulder roast, boneless — 3 to 5 pounds	325°F	35 to 40 minutes per lb.	145°F
leg rump or round roast, boneless — 3 to 5 pounds	325°F	35 to 40 minutes per lb.	145°F
CHICKEN, FRESH			
whole roasting hen — 5 to 7 pounds	350°F	2 to 2¼ hours	165°F
breast, halves, bone-in — 6 to 8 ounces	350°F	30 to 40 minutes	165°F
breast, halves, boneless — 4 ounces	350°F	20 to 30 minutes	165°F
legs or thighs — 4 to 8 ounces	350°F	40 to 50 minutes	165°F
PORK, FRESH <i>(Tip: When cooked to safe temperatures, fresh pork may still be pink inside – but it will be safe.)</i>			
loin roast, bone-in or boneless — 2 to 5 pounds	325°F	20 to 30 minutes per lb.	160°F
crown roast — 4 to 6 pounds	325°F	20 to 30 minutes per lb.	160°F
tenderloin — ½ to 1½ pounds	425°F	20 to 30 minutes total	160°F
HAM, SMOKED			
fresh, cook-before-eating, bone-in — whole, 10 to 14 pounds	325°F	18 to 20 minutes per lb.	160°F
fresh, cook-before-eating, bone-in — half, 5 to 7 pounds	325°F	22 to 25 minutes per lb.	160°F
fully cooked, bone-in — whole, 10 to 14 pounds	325°F	15 to 18 minutes per lb.	140°F
fully cooked, bone-in — half, 5 to 7 pounds	325°F	18 to 24 minutes per lb.	140°F
fully cooked, spiral cut, whole or half — 7 to 9 pounds	325°F	10 to 18 minutes per lb.	140°F
country, dried, whole or half	Soak 4 to 12 hours in refrigerator. Cover with water, then boil 20 to 25 minutes per pound. Drain, glaze and brown at 400°F for 15 minutes.		

For reasons of personal preference, consumers may choose to cook meats and poultry to higher temperatures.

Turkey Roasting Chart: Approximate Times

Fresh or Thawed Turkey — Set oven at 325°F — Cook to 165°F Internal Temperature

Size of Turkey	Unstuffed	Stuffed
4 to 6 pounds (breast)	1½ to 2¼ hours	Not usually applicable
6 to 8 pounds (breast)	2¼ to 3¼ hours	2½ to 3½ hours
8 to 12 pounds	2¾ to 3 hours	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	4¾ to 5¼ hours

Nutrition Mission

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at the beginning of the school year and remains with the teacher throughout the year. Teachers have the option of having NEP staff present an interactive nutrition lesson on topics such as MyPyramid or portion/distortion. At the conclusion of a class session, NEP staff lead a healthy snack demonstration which students help prepare and then sample.

The 2008–09 school year was the initial year for NEP's middle school enrichment program. All five qualifying LPS middle schools requested kits, serving 64 classrooms and reaching 1,381 students. Teachers recorded 683 hours of classroom instruction time, averaging 11 hours/classroom of direct nutrition education.

One teacher says, "The nutrition kits provided by extension have supplemented the curriculum that I teach in 6th, 7th and 8th grade Family and Consumer Science. The lessons are very well written and many contain visual demonstrations that help students grasp the concept. The NEP staff members are very knowledgeable and



Zainab Rida presents interactive lessons on topics such as MyPyramid (pictured) or portion/distortion.

work well with the students. The students especially enjoy the food items which they get to sample. Recently, a staff member made nutritious pizzas with my 6th grade students. I asked a student what she liked best about the pizza. Her reply was 'everything.' Pineapple and green peppers were included in the toppings. These may not be typical toppings for students, but they were accepted and sampled by everyone."

In one seventh grade classroom, two boys really had to

be encouraged to try the Black Bean Salsa with mango (see recipe page 1), but after they did, both said they were going to make it with their families.

After making pizza, a sixth grade student said, "This is very good. Is it *really* healthy?"

Maintaining a healthy diet in the middle school years is truly a mission, but certainly not impossible. Teaching, encouraging and providing healthy foods during these years is indeed, "Nutrition: Mission Possible."

FREE Program

"Cook It Quick, Healthy, Delicious...and Cheap!"

Thursday, Nov. 5, 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th St., Lincoln

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket.

Alice Henneman, extension educator and registered dietitian with University of Nebraska–Lincoln Extension in Lancaster County, will give you tips how to prepare quick, healthy, delicious...and cheap foods!

You'll receive an extensive 47-page booklet giving tips and recipes.

Register by calling BryanLGH at 481-8886

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