

## BEEF ROASTING TIMETABLE

When deciding what size roast to buy to satisfy holiday appetites, plan to serve 6 ounces of cooked beef per person. All cooking times are based on meat removed directly from the refrigerator. After roast stands 10-15 minutes after removing from oven, final internal temperature should be: Medium rare – 145° F. Medium – 160° F.

<b>Beef Cut</b>	<b>Oven Temp. (preheated)</b>	<b>Weight of roast in lbs.</b>	<b>Servings Per Lb.*</b>	<b>Approximate Total Cooking Hours</b>	<b>Remove Roast from oven when thermometer reaches:</b>
Eye Round Roast	325° F	2-3	2	Med. Rare: 1-1/2 to 1-3/4 hours	135° F
Rib Eye Roast boneless (small end)	350° F	4-6 6-8	1-3/4 1-3/4	Med. Rare: 1-3/4 to 2, Med: 2 to 2-1/2  Med. Rare: 2 to 2-1/4; Med: 2-1/2 to 2-3/4	135° / 150° F  135° / 150° F
Rib Eye Roast boneless (large end)	350° F	4-6 6-8	1-1/2 1-1/2	Med. Rare: 2 to 2-1/2; Med: 2-1/2 to 3  Med. Rare: 2-1/4 to 2-1/2; Med: 2-1/2 to 3	135° / 150° F  135° / 150° F

Rib Roast (chine bone removed)	350° F	6-8 8-10	1-1/4 1-1/4	Med. Rare: 2-1/4 to 2-1/2; Med: 2-3/4 to 3  Med. Rare: 2-1/2 to 3; Med: 3 to 3-1/2	135° / 150° F 135° / 150° F
Round Tip Roast	325° F	4-6 6-8	2 2	Med. Rare: 2 to 2-1/2; Med: 2-1/2 to 3  Med. Rare: 2-1/2 to 3; Med: 3 to 3-1/2	140° / 155° F 140° / 155° F
Tenderloin Roast	425° F	2-3 4-5	2 2	Med. Rare: 35-40 min.; Med: 45-50 min.  Med. Rare: 50-60 min.; Med: 60-70 min.	135° / 150° F 135° / 150° F

\* 6 ounce cooked, trimmed beef per serving