

Barth's Cooking Instructions

NOTE: ALL MEAT SHOULD BE AT ROOM TEMPERATURE BEFORE COOKING. FOR AN 8 LB ROAST, IT CAN TAKE SEVERAL HOURS TO REACH ROOM TEMP.

Beef:

Eye Round, Bottom Round, Sirloin, & Top Round Roast:

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 325⁰.

Allow 20 minutes per pound @ 325⁰ to an internal temperature of 120⁰, let sit for 10-15 minutes and serve. The result will be rare to medium rare. Larger roasts over 6 lbs. will take less cooking time per pound approximately 15 minutes per pound.

All beef roasts must be cooked to an internal temperature of 120⁰.

Rib Roast:

Leave at room temperature for *one hour* before cooking.

Preheat oven for 15 minutes @ 325⁰.

*2 ribs & 3 ribs Allow 20 minutes per pound @ 325⁰ to an internal temperature of 120⁰, let sit for 10-15 minutes and serve. The result will be rare to medium rare. Larger roasts 4 ribs & 5 ribs will take less cooking time per pound approximately 10-15 minutes per pound. **All beef roasts must be cooked to an internal temperature of 120⁰ & let stand for 15-20 minutes.** *Full sets of 7 Ribs leave at room temperature for 2-3 hours, & allow cooking time of 3 hours @ 325⁰ to an internal temperature of 120 degrees, let stand for 30 minutes.*

Filets of Beef - Beef Tenderloins;

Preheat oven for 15 minutes @ 450⁰.

Roast at 450⁰ to an internal temperature of 120⁰. This will take about 15 minutes per every 2lbs (45 minutes for a 6 lb filet).

Let sit for 10 minutes and serve. The result will be rare to medium rare.

All Filets of Beef – Beef Tenderloins must be cooked to an internal temperature of 120⁰.

Pork:

Bone In or Boneless Pork Roasts:

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Allow 30 minutes per pound @ 350⁰ to an internal temperature of 160 degrees, let sit for 10-15 minutes and serve.

Larger roasts over 6 lbs. will take less cooking time per pound approximately 20-25 minutes per pound.

All pork roasts must be cooked to an internal temperature of 160⁰.

Fresh Hams:

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Allow 30 minutes per pound @ 350⁰ to an internal temperature of 160⁰, let sit for 10-15 minutes and serve. Larger

roasts over 6 lbs. will take less cooking time per pound approximately 20 minutes per pound.

All pork fresh hams must be cooked to an internal temperature of 160⁰.

Pork Crown Roasts:

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Cook Crown Roast for 2^{1/2}- 3 hours @ 350⁰ to an internal temperature of 160⁰.

Lamb:

Leg of Lamb; Bone In or Boneless

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Allow 30 minutes per pound @ 350⁰ to an internal temperature of 140⁰, let sit for 10-15 minutes and serve. The result will be rare to medium rare. Larger roasts over 6 lbs. will take less cooking time per pound approximately 20-25

minutes per pound. **All Lamb roasts must be cooked to an internal temperature of 140⁰.**

Butterflied Legs of Lamb;

Preheat grill on high for 15 minutes.

Sear both sides on high then turn grill to low for approximately 30 minutes. Total cooking time should be no longer than 45 minutes to an internal temperature of 140⁰.

All Lamb roasts must be cooked to an internal temperature of 140⁰.

Lamb Crown Roasts:

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Roast Crown Roast for 1 hour 30 minutes @ 350⁰ to an internal temperature of 140⁰, let sit for 10-15 minutes and serve.

The result will be rare to medium rare. **This is an approximate cooking time watch carefully, oven roast to an internal temperature of 140⁰.**

Lamb Rack - Oven Roast for 45 minutes @ 350⁰ to an internal temperature of 140⁰.

Veal:**Veal Roast;**

Leave at room temperature for one hour before cooking.

Preheat oven for 15 minutes @ 350⁰.

Allow 20 minutes per pound @ 350⁰ to an internal temperature of 120⁰, let sit for 10-15 minutes and serve. The result will be pink. Larger roasts over 6 lbs. will take less cooking time per pound approximately 15 minutes per pound.

All Veal roasts must be cooked to an internal temperature of 120⁰.

Barth's Reheat Instructions

NOTE: ALL FOOD SHOULD BE AT ROOM TEMPERATURE BEFORE REHEATING. FOR AN 8 LB ROAST, IT CAN TAKE SEVERAL HOURS TO REACH ROOM TEMP.

Whole Filet Mignon:

Preheat oven for 15 minutes @ 325⁰.

Reheat uncovered

Allow 10-12 minutes for a 3 lb. filet and 13-16 minutes for a 6 lb filet to be reheated.

Sliced Filet Mignon:

It is recommended that sliced filet be served at room temperature.

If you wish to reheat it, preheat to 300 degrees.

Keep it covered and reheat 10 minutes for 3 lb. and 15 minutes for 6 lb.

Chicken and Pork:

Preheat oven @ 325⁰ Heat covered for 20 min

Potatoes

Preheat oven @ 325⁰

Mashed Potatoes- Heat covered for 1 hour.

Whipped Sweet Potatoes- Heat covered for 45 minutes to 1 hour.

Candied Sweet Potatoes- Heat uncovered for 45 minutes to 1 hour.

Scalloped Potatoes- Heat uncovered for 45 minutes to 1 hour.

Fingerling Potatoes – Heat uncovered 30-45 minutes.

Vegetables

Preheat oven @ 325⁰

For beans, Brussels sprouts, and carrots, reheat uncovered for 20 minutes.

For creamed spinach, reheat 20-30 minutes

Stuffed Shells

Preheat oven @ 325⁰; Reheat for 20 minutes

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