



# THE HEALTHY BUTCHER

## MASTER GUIDE TO ROASTING



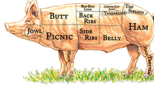

### THE RULES OF THE ROASTING GAME:


**RULE 1:** Start with great meat. It's better to buy less meat, than to buy conventionally raised, tasteless, & unhealthy crap that's not worth eating.

**RULE 2:** Always sear your meat. Why? Because it tastes damn good. If you're cooking a large roast, then you can sear in a 450°F oven for 7 minutes/lb, no more than 30 minutes total before reducing heat to the recommended cooking temperature. If you're cooking a small roast, it is best to sear on the stovetop.

**RULE 3:** Cooking temperatures and times are approximations. What matters is ensuring you cook to the correct internal temperature. And for that, use an instant read thermometer.

**RULE 4:** Resting the meat after cooking is essential. Resting allows the juices to be redistributed (from the centre to the drier outside). But please, don't serve cold meat.


	CUTS	COOKING TEMP	COOKING TIME (MIN./LB)	INTERNAL TEMP. BEFORE RESTING
	Large boneless roasts, including rib eye, striploin, inside round, eye of round, top sirloin, & sirloin tip	325°F	18-22	125°F
	Tenderloin	325°F	15-18	110°F
	Boneless roasts including rib eye, striploin, sirloin, eye of round, pretend you're cooking beef.	325°F	18-22	125°F
	Boneless pork loin, porchetta	325°F	25-29	140°F
	Bone-in loin roast	325°F	25-29	140°F
	Smoked Ham, bone-in	325°F	13-17	140°F
	Smoked Ham, boneless	325°F	10-12	140°F
* Our smoked hams are fully cooked, you're only reheating. So be sure to keep it covered and add some moisture to avoid drying it out. Also finish with a glaze the last 15 minutes.				
	Bone-in leg of lamb	325°F	18-22	125°F
	Rack of lamb	400°F	15-20 min. total	125°F
	Lamb saddle, boneless shoulder roast, boneless leg roast	325°F	15-18	125°F


	CUTS	COOKING TEMP	COOKING TIME (MIN./LB)	INTERNAL TEMP. BEFORE RESTING
	Whole*	350°F	20	165°F
	Cornish hen*	350°F	30 min total	165°F


\* If stuffed, then the stuffing needs to read 165


	Whole**	325°F	15-20	165°F
	Turkey boneless breast roast	325°F	15	165°F

\*\* Refer to our full videos and guide at [www.thehealthybutcher.com/turkey](http://www.thehealthybutcher.com/turkey)

	DUCK	A whole duck is best cooked slowly at 250°F. Trim excess fat, salt the cavity and the skin, and pierce the skin about 25 times all over (hold the knife almost parallel to the duck so that you puncture the fat only, and not the flesh). Turn every hour, pricking the fat. After 4 hours, increase the temp to 350°F for about 30 more minutes per side. The duck is done when the upper part of the drumsticks are squishy when squeezed.		
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	GOOSE	We prefer the eastern method of drying the skin, which is typically used for Pekin duck. Remove the neck & giblets and snip off the wing tips. Remove any lumps of fat from around the body, and use pliers to remove any quills. Pierce the skin of the goose in about 25 places all over holding the knife almost parallel so that you don't puncture the flesh. Bring a large pot of water to a boil, then submerge half the bird for 1 minute (till goose bumps arise), turn over and submerge the other side (obviously use gloves and strong tongs). Drain the goose and pat dry. Place the goose breast side up on a rack in a roasting pan and refrigerate naked for 24-48 hours so that the skin dries. On roasting day, preheat oven to 325°F. Season the goose liberally, and stuff the bird if you wish. Cook breast side down for 1.5 hours, then turn over and return to oven for another hour. It's done when you squeeze the upper part of the drumstick and it feels squishy. It might take an extra half hour or more. To be safe, confirm that your stuffing is 165°F. To finish it off beautifully, transfer the goose to a cookie sheet and blast it at 400°F for 15 minutes to brown the bird.		
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	ELK	Boneless roasts including rib eye, striploin, sirloin, eye of round, pretend you're cooking beef.	325°F	18-22	125°F
		Elk rack	325°F	18-22	125°F

	VENISON	Rack	325°F	18-22	125°F
		Stuffed Denver Leg	325°F	15-18	130°F

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Same day home delivery throughout the GTA  
416.ORGANIC (674-2642)  
[info@thehealthybutcher.com](mailto:info@thehealthybutcher.com)

