

Meats & Poultry

Lamb:

Remove bones and gland. Cut off all fat. Roll & tie (I don't always do this depending on how well the leg was prepped). Roast at 325° for 30 minutes per pound.

Pot Roast:

Brown the roast in fat. Drain. Add $\frac{1}{2}$ " water and salt to the pot. Simmer for 2-3 hours. Add vegetables & onion soup mix & more water for the last $\frac{3}{4}$ hour. Turn up the heat until boil, then back down to low simmer.

Roast Beef in Oven:

Roast at 325° according to the following table:

Weight	Cook Time
3 - 5 pounds	35 minutes per pound
over 5 pounds	30 minutes per pound

Roast Pork in Oven:

Use a whole or half loin preferably on the rib. The chine should be sawed almost off, but sit the roast on it to cook. Remove the roast from the refrigerator $\frac{1}{2}$ hour before cooking. Roast the pork at 350° for 30 - 45 minutes per pound. If the pork is a rolled roast, cook it 50 minutes per pound.

Turkey:

Roast at 450° according to the following table. Uncover the bird for the last 20 minutes so that it will brown.

Weight	Cook Time
6 - 9 pounds	$2\frac{1}{4}$ - $2\frac{1}{2}$ hours
10 - 13 pounds	$2\frac{3}{4}$ - 3 hours
14 - 17 pounds	3 - $3\frac{1}{4}$ hours
18 - 21 pounds	$3\frac{1}{4}$ - $3\frac{1}{2}$ hours
22 - 24 pounds	$3\frac{1}{2}$ - $3\frac{3}{4}$ hours

Chicken:

For a 3 - 4 pound chicken, roast at 450° for $1\frac{1}{2}$ hours. Uncover the bird for the last 30 minutes so that it will brown.